



Personal Treadmill Interval Workout Chart



Use the chart below to record your heart rate and any changes you notice in your fitness level or challenges you face, so you can keep track of your progress and any setbacks.

Time	Interval Time	Speed	Heart Rate	Comments
0:00-5:00		4		
5:00-7:00	2 min	5.5		
7:00-9:00	2 min	4		
9:00-11:00	2 min	5.5		
11:00-13:00	2 min	4		
13:00-14:30	1.5 min	6		
14:30-16:30	2 min	4		
16:30-17:30	1 min	6.5		
17:30-19:00	1.5 min	4		
19:00-20:00	1 min	6.5		
20:00-21:30	1.5 min	4		
21:30-22:30	1 min	6.5		
22:30-24:00	1.5 min	4		
24:00-24:30	30 sec	7		
24:30-26:00	1.5 min	4		
26:00-26:30	30 sec	7		
26:30-30:00	3.5 min	4		