

WALK OFF THE FAT IN 30 MINUTES



Equipment needed: Proper shoes, hydration, interval timer, heart rate monitor

Participate at your own risk.

Time (in minutes)	Speed	Incline
0 – 4	3.0 mph	0
4 – 5	4.5 mph	0
5 – 8	3.0 mph	0
8 – 9	4.5 mph	5
9 – 12	3.0 mph	5
12 – 13	4.0 mph	7
13 – 16	3.0 mph	7
16 – 17	4.0 mph	5
17 – 20	3.0 mph	5
20 – 21	4.0 mph	0
21 – 24	3.0 mph	0
24 – 25	4.5 mph	0
25 – 30	3.0 mph	0