

20 Min Stepmill #2: Advanced

| Time (min) | Level or Steps/Min | Segment Length |
|--|---------------------------|-----------------------|
| 20-19 | 10 or 87 | 1 min |
| 19-18 | 11 or 94 | 1 min |
| 18-17 | 12 or 101 | 1 min |
| 17-16 | 13 or 108 | 1 min |
| 16-15 | 14 or 115 | 1 min |
| 15:00-14:30 | 1 or 24 | 30s rest |
| 14:30-14:00 | 14 or 115 | 30s |
| 14:00-13:30 | 15 or 122 | 30s |
| 13:30-13:00 | 16 or 129 | 30s |
| 13:00-12:30 | 17 or 136 | 30s |
| Repeat the above 2:30 (starting at 15:00) 4 more times until you reach 2:30 left | | |
| 2:30-2:00 | 1 or 24 | 30s rest |
| 2-1 | 8 or 73 | 1 min cool-down |
| 1-0 | 6 or 59 | 1 min cool-down |