

FLAT OUT SPEED

EQUIPMENT NEEDED:

2 sets dumbbells - 1 heavy and 1 lighter

NOTES:

- + Adjust incline and/or speed to accommodate fitness level
- + Suggested speeds and inclines are for intermediate/advanced exercisers
- + All Boost Workouts begin with a 20-min treadmill conditioning workout, followed by a 10-min lifting superset (2 exercises circuited back and forth for 10 mins)

TIME SEGMENT	INCLINE	SPEED (mph)	EXERCISE	SPEED (kph)
0-1 (1 min)	2	6.6	Run/warm-up	10.6
1-2 (1 min)	2	6.7	Run/warm-up	10.7
2-3 (1 min)	2	6.8	Run/warm-up	10.9
3-4 (1 min)	2	6.9	Run/warm-up	11.1
4-5 (1 min)	2	7	Run/warm-up	11.3
5:00-5:45 (45s)	5	2	Rest/walk 45s	3.2
5:45-6:45 (1m)	5	8-9	Adjust for you, last 15s should be tough	12.9-14.5
'Repeat the above 1:45 7 more times until you reach 19 mins				
19-20	5	2	Recovery/walk/cool-down	3.2