



Beki's Fierce 45 Minute HIIT Treadmill Workout



Beginning		Intermediate	Advanced		
Time	Speed	Time	Speed	Time	Speed
0-3	2.5	0-3	3.0	0-3	3.5
3-5	3.5	3-5	4.5	3-5	5.5
5-7	4.5	5-7	5.5	5-7	6.5
7-8	5.5	7-8	6.5	7-8	7.5
8-10	3.0	8-10	3.5	8-10	4.0
10-12	3.5	10-12	4.5	10-12	5.5
12-14	4.5	12-14	5.5	12-14	6.5
14-15	5.5	14-15	6.5	14-15	7.5
15-17	3.0	15-17	3.5	15-17	4.0
17-19	3.5	17-19	4.5	17-19	5.5
19-21	4.5	19-21	5.5	19-21	6.5
21-22	5.5	21-22	6.5	21-22	7.5
22-24	3.0	22-24	3.5	22-24	4.0
24-26	3.5	24-26	4.5	24-26	5.5
26-28	4.5	26-28	5.5	26-28	6.5
28-29	5.5	28-29	6.5	28-29	7.5
29-31	3.0	29-31	3.5	29-31	4.0
31-33	3.5	31-33	4.5	31-33	5.5
33-35	4.5	33-35	5.5	33-35	6.5
35-36	5.5	35-36	6.5	35-36	7.5
36-38	3.0	36-38	3.5	36-38	4.0
38-40	3.5	38-40	4.5	38-40	5.5
40-41	4.5	40-41	5.5	40-41	6.5
41-42	5.5	41-42	6.5	41-42	7.5
42-45	2.5	42-45	3.0	42-45	3.5

