

45 Minute Treadmill Workout For Runners

www.theundergroundbootcamp.com

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Time	Speed	Incline
0:00-5:00	3.0	0.0
5:00-10:00	3.5	1.0
10:00-13:00	5.0	2.0
13:00-16:00	3.5	1.5
16:00-18:00	5.5	1.0
18:00-20:00	4.0	1.0
20:00-24:00	5.5	1.0
24:00-28:00	3.5	1.0
28:00-30:00	6.0	1.0
30:00-35:00	4.0	2.0
35:00-40:00	3.5	1.5
40:00-45:00	3.0	1.0