

45 MINUTE NEW YEAR'S

WARM UP
5 MIN

BASE RUN
2 INCLINE 2 DURATION MIN

SPRINT
30 DURATION SEC

BASE RUN
2 INCLINE 1.5 DURATION MIN

SPRINT
45 DURATION SEC

BASE RUN
2 INCLINE 1 DURATION MIN

SPRINT
3 INCLINE 1 DURATION MIN

BASE RUN
2 INCLINE 45 DURATION SEC

SPRINT
3 INCLINE 1.5 DURATION MIN

BASE RUN
2 INCLINE 30 DURATION SEC

SPRINT
3 INCLINE 2 DURATION MIN

RECOVER

BASE RUN/WALK
2 INCLINE 1 DURATION MIN

WALK
0 INCLINE 4 DURATION MIN

PART 1

45
MINUTES INTO WORKOUT

ON THE TREADMILL
OPTIONAL:  *OR*  SET OF DUMBBELLS

BRISK WALK

4 INCLINE **1** DURATION
MIN

BASE RUN

4 INCLINE **1** DURATION
MIN

SPRINT

2 INCLINE **30** DURATION
SEC

STOP **1** MIN
THE TREADMILL
Stop off & use this as your recovery

SQUAT **1** **PUSH-UPS** **PLANK** **BENT**
WITH WEIGHTS **MIN** **30** **30** **OVER**
SEC **SEC** **ROWS** **MIN**

RECOVER
Get back on the Treadmill
30 DURATION
SEC

REPEAT PART TWO
4 TIMES

45
MINUTE WORKOUT