



**FOX FITNESS**  
TRAINING

## ■ TREADMILL INTERVAL CARDIO PROGRAM

- Always set the grade or incline to 1.
- Each cycle is 2 minutes long, and involves a sprint interval, plus a walking interval.
- Each workout, increase the time in the sprint interval by 2 seconds, and decrease the time in the walk interval by 2 seconds.
- After the intervals are completed, you may perform steady state cardio for up to an hour.
- For best performance, perform cardio workouts 4-6 hours after your weight training session to take advantage of neural excitation. For convenience, cardio workouts may also be completed immediately after your resistance training session.
- Always finish with at least a 5 minute cool down.

DATE	CYCLES	HIGH SPEED	LOW SPEED	SPRINT TIME	WALK TIME	DISTANCE
	10			30	90	
	10			32	88	
	10			34	86	
	10			36	84	
	10			38	82	
	10			40	80	
	10			42	78	
	10			44	76	
	10			46	74	
	10			48	72	
	10			50	70	
	10			52	68	
	10			54	66	
	10			56	64	
	10			58	62	
	10			60	60	

---

To print out more copies of this program, visit the client section at [www.FoxFitness.ca](http://www.FoxFitness.ca)