

Treadmill Workout:

Time	Speed	Example MPH	Incline
0-5	40% RPE	4.0	5-7%
5-10	60% RPE	6.0	1%
10-14	65% RPE	6.3	1%
14-17	70% RPE	6.6	1%
17-19	75% RPE	6.9	1%
19-20	80% RPE	7.1	1%
20-25	60% RPE	6.0	1%
25-29	65% RPE	6.3	1%
29-32	70% RPE	6.6	1%
32-34	75% RPE	6.9	1%
34-35	80% RPE	7.1	1%
35-40	40% RPE	4.0	5%

The Borg Rating of **Perceived Exertion** (RPE) is a way of measuring physical activity intensity **level**. **Perceived exertion** is how hard you feel like your body is working.

Increase the speed and/or incline based on your level of fitness.