

Coach Mike's Personal Training, LLC

Charlie Stahurski

Additional Workout 29 January'14

Treadmill:

(You will work on the treadmill and at varying speeds / incline. You should be able to handle the varying speeds, but if absolutely needed, you can bring them down slightly, just note what you used to let me know).

- 5 Minutes warm-up at a 2.5mph at 0% incline
- 2 Minutes at 4.5mph at 0% incline
- 4 Minutes at 3.7mph at 3% incline
- 2 Minutes at 5.2mph at 3% incline
- 4 Minutes at 4.0mph at 5% incline
- 2 Minutes at 6.0mph at 0% incline
- 1 Minute at 2.5mph at 0% incline (Cool Down)

Total 20 Minutes

As discussed at our workouts together, if you feel dizzy or lightheaded back off the intensity or stop. If the feeling continues let your parents know.

Stretch.