



## **THREADMILL/OUTDOOR/TRACK HIIT CARDIO**

**Warm up for 3 minutes.**

- 1. 60 seconds sprint (go as fast as you can).**
- 2. 60 seconds recover (either stop or go slow).**
- 3. 45 seconds sprint (go as fast as you can).**
- 4. 45 seconds recover (either stop or go slow).**
- 5. 30 seconds sprint (go as fast as you can).**
- 6. 30 seconds recover (either stop or go slow).**
- 7. 15 seconds sprint (go as fast as you can).**
- 8. 15 seconds recover (either stop or go slow).**
- 9. Repeat step 1 – 8, 2 to 4 more times.**

**Cooldown for 3 minutes.**

**Remember to adjust according to your fitness level. You can go faster or slower. But aim to get better every time you do this HIIT cardio.**

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