



# FITMAS: Day 27

## Steep to Sprint

New Year, same us. So let's sweat our faces off and kick this year off with an incredible cardio workout. I don't know about you, but I am BEYOND excited for Round 5. It's coming up so quick, and I love that with FITMAS we'll all enter it feeling more ready to take it on than ever.

While you're pushing yourself today, I want you to channel this mantra:

**My body is fast , capable, and I am so grateful I can do this.**

It's easy to get annoyed and frustrated with cardio, but in reality we should just be grateful that our bodies allow us to push so hard and go so fast. Let's do this.

### **How this works:**

- We are going to be starting steep and finishing fast!
- Once you've completed your warm up, set the treadmill to MAX incline (15%)
- You are going to go ALL OUT for 60 seconds at this pace as fast as you can.
- Once the minute is up, you are going to recover (with your feet on the sides) for a full 60 seconds.
- Decrease the incline to 14% and increase the speed by 0.2MPH
- You are going to run for another minute at this pace and incline.
- You are going to repeat this for 15 runs total, until you are SPRINTING at a 0% incline
- This is a 30 minute workouts in total (15 minutes of work, 15 minutes of rest)
- Good luck!! Don't forget your mantra.

### **Warm Up**

Run at a moderate pace on the treadmill for 5 minutes. You're going to want to get some serious music ready as you do this for what's about to happen.

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### Example of how this might look:

Minute 1 - Incline 15% / Speed 6.0 MPH

Minute 2 - Incline 14% / Speed 6.2 MPH

Minute 3 - Incline 13% / Speed 6.4 MPH

etc.

etc.

Minute 15 - Incline 0% / Speed 9.2 MPH

### Stretch & Foam Roll

- As you may have heard in my NYE live chat, 2019 is going to be my year of mobility and full body health. I am going to stop neglecting the things that are easy to skip over (like proper stretching and rolling) and I hope you babes will join me! xx