

Ramp it UP with Pyramid Intervals

Equipment – Treadmill
Total Time – 30 minutes

It's easy to ramp up the intensity of your treadmill cardio routine by adding Pyramid Intervals. Begin with an easy warm up then find your steady state pace of an RPE of 5. Your goal for each Pyramid Interval is to manually increase your intensity by a point or 2 every 15 seconds, at the end of the 3 minute interval your [RPE](#) should be 8 or 9! No reading or socializing with this circuit!

Description	Duration	RPE
Easy Warm Up	5 minutes	3
Steady State	2 minutes	5
Up the intensity every :15 by 2 points	3 minutes	6 to 7
Steady State	1 minute	5
Sprint	1 minute	8 to 9
Steady State	1 minute	5
Up the intensity every :15 by a couple of points	3 minutes	6 to 7
Steady State	1 minute	5
Sprint	1 minute	8 to 9
Steady State	1 minute	5
Up the intensity every :15 by a couple of points	3 minutes	6 to 7
Steady State	1 minute	5
Sprint	1 minute	8 to 9
Steady State	1 minute	5
Easy Cool Down	5 minutes	3 to 4

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