



FULL MARATHON Treadmill Incline Training Guide

Mile Start	Mile End	Incline Percentage
0.2	0.4	2.75
0.55	0.62	5.96
0.87	1.2	2.12
1.97	2.23	3.28
3.28	3.56	1.89
3.88	4.14	3.13
4.42	4.68	6.56
4.76	4.9	5.95
5.36	5.58	6.28
5.66	6.02	4.21
6.02	6.22	9.94
6.66	6.8	10.42
6.8	7.03	4.53
7.23	7.33	22.92
7.51	7.57	10.1

***If no percentage listed, assume flat or downhill



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Mile Start	Mile End	Incline Percentage
7.57	8.12	1.69
9.22	9.47	3.86
10.7	11.44	1.56
11.44	11.62	7.37
13.08	13.35	1.96
13.35	13.54	5.78
14.24	14.36	6.63
15.24	15.44	1.9
15.9	16.33	1.06
16.8	17.11	2.2
18.39	18.61	2.58
19.07	19.55	0.71
21.81	22.21	1.33
23.8	24.56	0.65
25.04	25.69	0.64
25.86	26.09	1.98

***If no percentage listed, assume flat or downhill