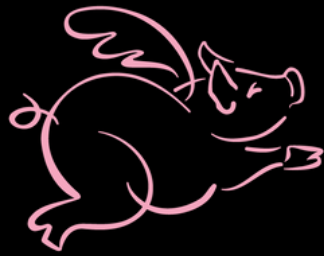




HALF MARATHON Treadmill Incline Training Guide

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



CINCINNATI
FLYING PIG
MARATHON

HALF MARATHON Treadmill Incline Training Guide

Mile Start	Mile End	Incline Percentage
7.57	8.13	1.62
8.8	9.09	1.89
9.09	9.42	1.72
10.82	10.88	3.79
11.38	11.5	3.79
12.53	12.73	2.46

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