

JANUARY 2025 CHALLENGE

Mount Everest Treadmill Challenge

The Mount Everest Treadmill Challenge is a 7 Day Challenge where the competitor starts any day during January but must be completed within 15 days from the participant's start date.

Rules

1. Run or walk at a steady pace while increasing the treadmill incline by 2% every 3 minutes until you reach your level of incline participation.
 - a. Rookie: 6-8% incline
 - b. Pro: 10% incline
 - c. All-Star: 12% plus incline
2. All Climbers will increase their treadmill incline by 2% every 3 minutes until the maximum level of elevation is met.
- 3 All Climbers will continue until 29,032 feet or 5.5 Miles is reached.
4. Climbers cannot hold the hand rails of the treadmill while participating in the challenge.

3 Levels of Participants

Rookie

6-8% Incline

Pro

10% Incline

All-Star

12% Plus Incline

