

30 DAY CHALLENGE

Treadmill Incline	Vertical Height	Number of Miles to 29029
1	53	550
2	106	275
3	158	183
4	211	137
5	264	110
6	317	92
7	370	79
8	422	69
9	475	61
10	528	55
11	581	50
12	634	46
13	686	42
14	739	39
15	792	37

Treadmill Incline	Vertical Height	Number of Miles to 29029
16	845	34
17	898	32
18	950	31
19	1003	29
20	1056	27
21	1109	26
22	1162	25
23	1214	24
24	1267	23
25	1320	22
26	1373	21
27	1426	20
28	1478	20
29	1531	19
30	1584	18

The entire mile must remain at the same incline.



JANUARY CHALLENGE MOUNT EVEREST

Climb 29,032 ft. the height of Mt. Everest in 30 days!

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