

# TREADMILL WORKOUT

## 20-MINUTE SPEED INTERVALS

MINUTE	SPEED	INCLINE	FEELING
0:00-5:00	3.0	1.0	Warm-Up
5:00-7:00	4.5	1.0	Hit your Stride
7:00-8:00	7.0	1.0	Push
8:00-10:00	4.5	1.0	Steady Pace
10:00-11:00	7.0	1.0	Push
11:00-13:00	4.5	1.0	Steady Pace
13:00-14:00	7.0	1.0	Push
14:00-16:00	4.5	1.0	Steady Pace
16:00-17:00	7.0	1.0	Push
17:00-19:00	4.5	1.0	Steady Pace
19:00-20:00	3.0	1.0	Cool Down

# \* TREADMILL \*

# WORKOUT

## { 30-MINUTE HILL CLIMBER }

MINUTE	SPEED	INCLINE	FEELING
0:00-5:00	3.0	2.0	Warm-Up
5:00-10:00	3.5	3.5	Begin a Push
10:00-11:00	4.0	5.0	Big Incline Push
11:00-13:00	4.5	1.0	Come Back Down
13:00-14:00	4.0	5.0	Big Incline Push
14:00-16:00	4.5	1.0	Come Back Down
16:00-19:00	5.0	5.0	Big Push
19:00-20:00	5.0	7.0	Go get it!
20:00-21:00	5.0	5.0	Steady Push
21:00-23:00	4.5	1.0	Come Back Down
23:00-25:00	5.0	5.0	Big Push
25:00-26:00	5.0	7.0	Final Push!
26:00-30:00	3.0	1.0	Cool Down

# TREADMILL WORKOUT

## 3 MILES IN 30 MINUTES

MINUTE	SPEED	INCLINE
0:00-2:00	4.0	1.0
2:00-5:00	5.0	1.0
5:00-7:00	5.5	1.0
7:00-8:00	6.0	1.0
8:00-11:00	5.0	1.0
11:00-13:00	5.5	1.0
13:00-14:00	6.0	1.0
14:00-16:00	4.0	1.0
16:00-19:00	5.5	1.0
19:00-21:00	6.0	1.0
21:00-23:00	6.5	1.0
23:00-29:00	6.2	1.0
29:00-30:00	4.0	1.0

# \* TREADMILL \*

# WORKOUT

## { THE WALKER'S BUTT BURNER }

MINUTE	SPEED	INCLINE	FEELING
0:00-4:00	3.0	1.0	Warm-Up
4:00-5:00	3.5	4.0	Start the Climb
5:00-6:00	4.0	5.0	Push Harder
6:00-7:00	4.0	6.0	Getting Tough
7:00-8:00	4.0	7.0	Work Hard!
8:00-9:00	4.0	8.0	Major Push!
9:00-10:00	3.5	5.0	Ease Back & Climb
10:00-11:00	4.0	5.0	Push Harder
11:00-12:00	4.0	6.0	Getting Tough
12:00-13:00	4.0	7.0	Work Hard!
13:00-14:00	4.0	8.0	Major Push
14:00-15:00	3.0	1.0	Cool Down