

TREADMILL ROUTINE

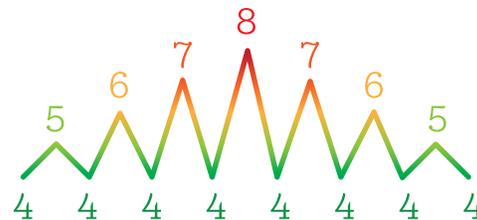
for those who hate to run



This treadmill routine is great for beginner to intermediate fitness levels, but you can always modify to make it more or less challenging. If you do not like to run but *want* to run, this is a great workout for you. Intervals are one to make the time pass a little more quickly because you only stay at any pace or incline for 1 minute at a time, and there are only 7 actual minutes of running in the whole 30 minute workout! BUT don't be fooled—those intervals will help to tire you out, forcing you to get that heart rate up and down!

THE FORMAT

Begin your workout with a 5 minute warm-up of walking, beginning at a regular pace, and then increasing to a more brisk walk. Once you begin the jogging/running portion (minute 5, pace level 5) you enter a pyramid format of walking and running intervals.



After the pyramid of running and walking intervals, the running is OVER and you'll enter the walking on an incline portion, where you'll gradually bring that heart rate back up!

minute/time	incline	pace (mph)
0:00–3:00	~1	3.5
3:00–5:00	~1	4
5:00–6:00	~1	5
6:00–7:00	~1	4
7:00–8:00	~1	6
8:00–9:00	~1	4
9:00–10:00	~1	7
10:00–11:00	~1	4
11:00–12:00	~1	8
12:00–13:00	~1	4
13:00–14:00	~1	7
14:00–15:00	~1	4
15:00–16:00	~1	6
16:00–17:00	~1	4
17:00–18:00	~1	5
18:00–19:00	~1	4
19:00–20:00	4	3.5–4
20:00–21:00	8	3.5–4
21:00–22:00	10	3.5–4
22:00–23:00	11	3.5–4
23:00–24:00	12	3.5–4
24:00–25:00	13	3.5–4
25:00–26:00	14	3.5–4
26:00–27:00	15	3.5–4
27:00–30:00	1	3.5

THINGS TO KEEP IN MIND

(for both running and walking on the treadmill):

- Do not hold the bars. A lot of people get on the treadmill and do incline walking but they take the work out of it by holding the bars. Why do we feel inclined to hold the bars? It is easier! So keep the workout WORK and don't hold the bars.
- Keep your arms in check (avoid too much swinging)
- Keep a comfortable stride— we don't want it to be too long or too short.
- Make sure you have good, supportive shoes on.
- Don't lean too far forward, a lot of people do this and it can lead to lower back pain so keep your body upright, chest lifted and core engaged.



mind over munch

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