

Treadmill Workouts:

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Essentials / Cardio Walk / Speed Intervals

Essentials:

Warm up (5 minutes)

Walk slowly (1.5 to 2 mph) for 1 minute. Slow your speed (to no more than 1.8 mph), and walk on your toes for 30 seconds, then switch to your heels for 30 seconds. Repeat the toe and heel walking one more time. Raise your incline to 6, and stretch your legs by taking longer strides for 1 minute. Lower the incline to 0, and speed up to 2.5 to 3 mph for 1 minute.

Cool down (5 minutes)

At the end of your walk, reduce your speed to 2.5 to 3.5 mph, and walk for 3 minutes. Then slow down to 1.5 to 2.5 mph, and walk for 2 more minutes.

Stretch

To avoid tight calves, try this stretch: Standing on the edge of a step, gently lower one heel. Hold for 45 to 60 seconds, then switch legs.

Cardio Walk:

After warming up, walk between 3 and 4 mph. Choose a pace that has you breathing harder but still allows you to talk without gasping. Remember to cool down afterward.

Weeks 1 to 4

Walk for 20 minutes. Total workout time: 30 minutes

Weeks 5 to 8

Walk for 30 minutes. Total workout time: 40 minutes

Weeks 9 to 12

Walk for 40 minutes. Total workout time: 50 minutes

Speed Intervals:

After warming up, walk at a moderate pace (3 to 3.5 mph) for 5 minutes. Now you'll begin your intervals: Increase to a fast walk (3.5 to 4.5 mph; see below for durations), followed by a 5-minute moderate pace (3 to 3.5 mph). You'll repeat the fast/moderate intervals a total of three times. Finish with the cooldown.

Weeks 1 to 4

Do 1-minute speed intervals. Total workout time: 33 minutes

Weeks 5 to 8

Do 2-minute speed intervals. Total workout time: 36 minutes

Weeks 9 to 12

Do 3-minute speed intervals. Total workout time: 39 minutes

[Click here for our preferred treadmill](#)

Incline Intervals / Power Mix

Incline Intervals:

After warming up, walk for 5 minutes at 3 to 4 mph with your treadmill at a 0 or 1 incline. Then increase the incline (see below for specifics) for 5 minutes. As you raise the incline, you may need to slow your speed to maintain good form. You'll repeat the flat/incline sequence a total of two times. Then walk for another 5 minutes at 0 or 1 incline before cooling down.

Weeks 1 to 4

Increase your incline to 4 or 5. Total workout time: 35 minutes

Weeks 5 to 8

Increase your incline to 6 or 7. Total workout time: 35 minutes

Weeks 9 to 12

Increase your incline to 8 or 9. Total workout time: 35 minutes

Power Mix:

After warming up, try this sequence. Always cool down afterward.

Speed Pyramid

Walk for 30 seconds at 3.5 mph; increase to 4.5 mph for 30 seconds. Walk for 45 seconds at 3.5; increase to 4.5 for 45 seconds. Walk for 1 minute at 3.5; increase to 4.5 mph for 1 minute.

Incline Pyramid

Start at an incline of 4, and walk for 1 minute. Elevate to 5 for another minute. Continue to increase the incline every minute up to an incline of 8, and then decrease the incline every minute, back down to 4. Try to maintain 3 to 4 mph throughout.

Recovery

Walk at 3 to 4 mph (0 incline) for 5 minutes.

Weeks 1 to 4

Do the workout one time through. Total workout time: 28.5 minutes.

Weeks 5 to 8

Do the following sequence: speed pyramid, incline pyramid, recovery, speed pyramid, recovery. Total workout time: 38 minutes

Weeks 9 to 12

Do the workout two times through. Total workout time: 47 minutes

Strength Moves

12-Week Treadmill Workout - Side Stepping Walk at a very slow speed (about 0.5 to 1 mph) for the first two exercises, then stop the treadmill for the third. If you have time, repeat the whole 3-minute sequence. As you get fitter, you can increase the speed, but we recommend staying at or below 2 mph.

Side Stepping

With the treadmill moving slowly and your right hand on the console, turn to the left so your right shoulder is facing forward. **12-Week Treadmill Workout - Lunge Stepping** As the belt moves your feet to the left, step your right foot to the right, and then step your left foot to the right. Continue side stepping for 30 seconds. Repeat facing the right side for 30 more seconds. (Works inner and outer thighs and hips)

Lunge Stepping

Holding the front rail, let the belt take your feet back until your arms are extended, then take a large step forward with your right leg. Bending your right knee, lower your left knee toward the belt, then press off with your left foot and stand back up. **12-Week Treadmill Workout - Squats** Continue by stepping forward, alternating legs, for 30 seconds. (Works thighs and butt)

Squats

Stop the treadmill, and straddle the belt so you're standing on the frame. With your hands lightly resting on the front rail, sit back as if in a chair, but don't extend your knees past your toes. Press into your heels, and stand back up. Repeat 12 times. (Works butt and thighs)