

## Treadmill Workouts

Warm up 5 min – then run 1 min on / hard then 1 min off / easy or 2 min hard 2 easy – cool down 5 min

Warm up – 5 min – then from that pace Build up 1/10th pace every minute for 10 min or so until you get to a pace you can't go any faster then ease up the pace 1/10th every minute.

Warm up - then 2 x 1 mile hard with 5 minutes super easy in between

30 min steady run at an easy pace – so he can go hard the next day on a hard day.

30 min steady run at a moderate (comfortably hard – doesn't want to talk) pace – so he can build up his threshold.

Warm Up – hard effort – 45 sec – rest for 1 min 15 sec – 10 times

Continuous run - start easy for 4 min then hard for 1 min, easy for 4 min, hard for 1 min - (these are sets of 5 min - do 3 or 4 or 5 or 6 sets of 5 min for 15 to 30 minutes of work)

Mod run for 2, easy walk for 1 min, mod run for 2 min, easy walk for 1 - repeat this for 6 - 8 times.

Hill repeats – warm up, then at comfortable running pace – incline to 6 – 8 % for 1 min – drop down and walk / jog for 2 min – do 9 or 10 times for 30 minute work out

Good warm up – 5 to 10 min

Short intense interval – 30 to 60 sec at 1% incline, walk 60 sec to 90 sec, repeat for 10 minutes of intervals

Or do 2 min intervals with walk 2 min, for 10 to 15 to 20 minutes of work

Cool down – 5 to 10 min

**Speed Burst**

4 minutes

3 minutes

2 minutes

1 minute

**Speed Burst**

30 seconds

30 seconds

30 seconds

30 seconds

Cool down for 4 minutes.

**Easy-Pace Recovery**

4 minutes

3 minutes

2 minutes

1 minute

**Easy-Pace Recovery**

1 minute

1 minute

1 minute

1 minute

## 30-Minute Treadmill Workout

Add warm up 5-10 min and cool down 5 to 10 minutes

<i>Time</i>	<i>Speed</i>	<i>Incline</i>
1 min.	6.5 mph/5.5 mph/4.5 mph	0%
1 min.	7.0 mph/6.0 mph/5.0 mph	0%
1 min.	7.0 mph/6.0 mph/5.0 mph	3%
1 min.	7.5 mph/6.5 mph/5.5 mph	0%
1 min.	8.0 mph/7.0 mph 6.0 mph	0%
2 min.	9.0 mph/7.5 mph/6.5 mph	0%
1 min.	6.5 mph/5.5 mph/4.0 mph	6%
1 min.	7.0 mph/6.0 mph/4.5 mph	0%
45 sec.	10.0 mph/9.0 mph/6.0 mph	0%

<i>Time</i>	<i>Speed</i>	<i>Incline</i>
1 min.	4.0 mph/4.0 mph/4.0 mph	9%
1 min.	4.0 mph/4.0 mph/3.5 mph	12%
2 min.	4.0 mph/3.5 mph/3.0 mph	15%
1 min.	7.0 mph/6.0 mph/4.5 mph	0%
1 min.	5.5 mph/5.0 mph/4.5 mph	0%
1 min.	5.5 mph/5.0 mph/4.5 mph	3%
2 min.	4.0 mph/3.5 mph/3.0 mph	15%
1 min.	4.0 mph/4.0 mph/4.0 mph	9%

<https://www.shape.com/fitness/workouts/30-day-treadmill-workout-challenge>

<https://video.search.yahoo.com/yhs/search?fr=yhs-Lkry-SF01&hsimp=yhs-SF01&hspart=Lkry&p=treadmill+workouts#id=53&vid=c8317745eff904f9145da38ed8cb944c&action=view>

Trainer David Siik