

20-MINUTE TREADMILL INTERVAL WORKOUT

This workout is sure to get your heart rate up! It will challenge your endurance through high intensity intervals. Not recommended for beginners or those with medical or physical limitations. Always consult your doctor before starting any new exercise routine.

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

Resource: Get Healthy U

10-MINUTE BEGINNER-FRIENDLY TREADMILL WORKOUT

This workout will help get you started towards a regular walking/jogging routine. It's "friendly" enough to do up to 3 times in a day to get the recommended 30 minutes of moderate-intensity exercise (AHA). Be mindful of any medical or physical limitations you might have and adjust speed and incline accordingly. Progress slowly. And always consult your doctor before starting any new exercise routine.

Time	Speed (MPH)	Incline (%)
0:00–1:00	3.5	0
1:00–2:00	3.0	5
2:00–3:00	3.6	0
3:00–4:00	3.0	5
4:00–5:00	3.8	0
5:00–6:00	3.0	5
6:00–7:00	3.8	0
7:00–8:00	3.0	5
8:00–9:00	4.0	0
9:00–10:00	3.0	5