



Four-week Workout Cardio: Treadmill

40- to 45-minute on treadmill (Incline Training)

Scale of effort

1-easy walk

3-conversation pace

5-challenging to hold conversation

7-steady breathing, more challenging

10-all out

Week 1

	Time	Effort	Incline percent
Warm up	10 minutes	1/3	0
Workout on Treadmill	2 minutes	7/8	2
	2 minutes	7/8	4
	2 minutes	7/8	6
	2 minutes	7/8	8
	2 minutes	7/8	10
	2 minutes	3/4	1
	2 minutes	7/8	4
	2 minutes	7/8	6
	2 minutes	7/8	8
	2 minutes	7/8	10
	2 minutes	7/8	12
Cool down	10 minutes	2/3	0

Scale of effort

1-easy walk

3-conversation pace

5-challenging to hold conversation

7-steady breathing, more challenging

10-all out

Cardio: Treadmill**Week 2**

	Time	Effort	Incline percent
Warm up	10 minutes	3/4	0
Workout on Treadmill	2 minutes	7/8	4
	2 minutes	7/8	6
	2 minutes	7/8	8
	2 minutes	7/8	10
	2 minutes	7/8	12
	2 minutes	3/4	1
	2 minutes	7/8	6
	2 minutes	7/8	8
	2 minutes	7/8	10
	2 minutes	7/8	12
	2 minutes	7/8	15
Cool down	10 minutes	2/3	0

Scale of effort

1-easy walk

3-conversation pace

5-challenging to hold conversation

7-steady breathing, more challenging

10-all out

Cardio: Treadmill**Week 3**

	Time	Effort	Incline percent
Warm up	10 minutes	3/4	0
Workout on Treadmill	2 minutes	7/8	2
	2 minutes	7/8	4
	1 minute	3/4	6
	2.5 minutes	3/4	0
	2 minutes	7/8	6
	2 minutes	7/8	8
	1 minute	3/4	10
	2.5 minutes	3/4	0
	2 minutes	7/8	8
	2 minutes	7/8	10
	1 minute	3/4	12
Cool down	10 minutes	2/3	0

Scale of effort

1-easy walk

3-conversation pace

5-challenging to hold conversation

7-steady breathing, more challenging

10-all out

Cardio: Treadmill**Week 4**

	Time	Effort	Incline
Warm up	10 minutes	3/4	0 percent
Workout on Treadmill	2 minutes	7/8	4 percent
	2 minutes	7/8	6 percent
	2 minutes	7/8	8 percent
	2 minutes	7/8	10 percent
	2 minutes	7/8	12 percent
	2 minutes	3/4	1 percent
	2 minutes	7/8	6 percent
	2 minutes	7/8	8 percent
	2 minutes	7/8	10 percent
	2 minutes	7/8	12 percent
	2 minutes	7/8	14 percent
Cool down	10 minutes	2/3	0 percent