

30 MINUTE WALK & SPRINT TREADMILL WORKOUT

| ACTIVITY | TIME (MINUTES) | INCLINE % | SPEED |
|------------------|----------------|-----------|-------|
| WARM-UP | 0:00-4:59 | 6 | 3.5 |
| PHASE 1 | 5:00-6:59 | 1 | 7 |
| | 7:00-8:59 | 8 | 4 |
| | 9:00-10:59 | 1 | 7 |
| | 11:00-12:59 | 8 | 4 |
| PHASE 2 | 13:00-13:59 | 1 | 8 |
| | 14:00-14:59 | 1 | 4.5 |
| | 15:00-15:59 | 1 | 9 |
| | 16:00-16:59 | 1 | 4.5 |
| | 17:00-17:29 | 1 | 10 |
| | 17:30-18:59 | 1 | 4.5 |
| | 19:00-19:59 | 1 | 8 |
| | 20:00-20:59 | 1 | 4.5 |
| | 21:00-21:59 | 1 | 9 |
| | 22:00-22:59 | 1 | 4.5 |
| | 23:00-23:29 | 1 | 10 |
| 23:30-24:59 | 1 | 4.5 | |
| PHASE 3 | 25:00-26:59 | 12 | 4 |
| COOL-DOWN | 27:00-30:00 | 1 | 3.5 |

Start at a comfortable speed. If needed adjust by 0.5 mph until desired pace is reached. Challenge yourself and have fun! Always check with your doctor before starting a new exercise routine.