

## 30 MINUTE INCLINE WALKING TREADMILL WORKOUT

ACTIVITY	TIME (MINUTES)	INCLINE %	SPEED
<b>WARM-UP</b>	0:00-4:59	1	3.5
<b>PHASE 1</b>	5:00-5:59	5	4
	6:00-6:59	5	3.5
	7:00-7:59	5	4
	8:00-8:59	5	3.5
	9:00-9:59	5	4
	10:00-10:59	5	3.5
<b>PHASE 2</b>	11:00-14:59	8	3.5
	15:00-15:59	8	3
	16:00-19:59	12	3
	20:00-20:59	12	2.5
	21:00-21:59	8	2.5
	22:00-22:59	8	3.5
<b>PHASE 3</b>	23:00-23:59	5	3.5
	24:00-24:59	5	4
	25:00-25:59	5	3.5
	26:00-26:59	5	4
<b>COOL-DOWN</b>	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.