

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.