

## 7 Day Treadmill workout



### Monday

- Power walk: 30 minutes
- Strength-train: 20 minutes

Total: 50 minutes

### Tuesday

- Warm up: Walk easily, then briskly: 3 minutes
- Power walk: 2 minutes
- Run fast (but don't sprint): 2 minutes
- Repeat Steps 1 & 2: 10 times
- Cool down: Walk easily: 2 minutes

Total: 45 minutes

### Wednesday

- Warm Up: Walk easily: 5 minutes
- Do your favorite strength-training move: 12 reps
- Power walk at 4% to 6% incline: 3 minutes
- Repeat Steps 1 & 2: 6 times
- Cool down: Walk easily: 5 minutes

Total: 40 minutes

### Thursday

- Warm Up: Walk easily, then briskly: 3 minutes
- Power walk: 2 minutes
- Run fast (but don't sprint): 2 minutes
- Repeat Steps 1 & 2: 6 times
- Cool down: Walk easily: 3 minutes

Total: 30 minutes

### Friday

- Repeat Monday's routine

### Saturday

- Warm Up: Walk easily, then briskly: 5 minutes
- Power walk: 2 minutes
- Run fast (but don't sprint): 4 minutes
- Repeat Steps 1 & 2: 6 times
- Cool Down: Walk easily: 4 minutes

Total: 45 minutes

### Sunday

- Rest