## Four-week Workout <br> 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

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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 <br> 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 | $7 / 8$ | 15 |
| Cool down | 10 minutes | $2 / 3$ | 0 |

## Scale of effort

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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 |
| Cool down | 1 minute | $3 / 4$ | 12 |
|  | 10 minutes | $2 / 3$ | 0 |

## Scale of effort

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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 | $7 / 8$ | 14 percent |
|  | 10 minutes | $2 / 3$ | 0 percent |
| Cool down |  |  |  |

