

## Treadmill Interval Workout

[www.overfortyweightloss.com](http://www.overfortyweightloss.com)

Warm Up	10 minutes	Walk for 5 minutes. Transition to an Easy Jog/Run – increasing the speed by 0.2 each minute.
Sprint	30 seconds	60% max intensity/approx. 7 mph depending on your fitness level. (Aim for 1 mph higher than your final Warm Up speed).
Walk	45 seconds to 1 minute	You should be able to catch your breath and talk without gasping. Extend this if you need to. Aim for 3.2 mph – again depending on your fitness level.
Increase Speed	15 seconds	It always takes a few seconds to get the treadmill back up to speed, so factor this time into your Walk time.
Sprint	30 seconds	80% max intensity/approx. 2 mph higher than your warm up speed depending on your fitness level. (Check your body – if you need to modify you can maintain the same speed you used in your first sprint – or decrease it if it was too hard).
Walk	45 seconds to 1 minute	You should be able to catch your breath and talk without gasping. Extend this if you need to. Aim for 3.2 mph – again depending on your fitness level.
Increase Speed	15 seconds	
Sprint	30 seconds	100% max intensity/approx. 3 mph higher than your warm up speed.  You can maintain this level for the remaining sprints, or increase it by 0.2 for each remaining sprint.
Walk	45 seconds to 1 minutes	
Increase Speed	15 seconds	
Repeat Sprint, Walk, Increase Speed Sequence 4 more times (for a total of 8 intervals). If you are feeling really fit, increase it to a total of 10 intervals.		
Cool Down	5 minutes	Walk and stretch