

Treadmill Workouts: 10 Printable Cards

How to use: pick one card, keep it on the console, follow it minute by minute. Speeds are starting points: if the effort note feels wrong, adjust by 0.2 mph. Effort guide: easy = could sing, moderate = can talk but not sing, hard = a few words. Hands off the rails on inclines. Log the date and how it felt.

1. Beginner 20 minute walk

20 min

Your first week. Repeat it three times before changing anything.

Minutes	Speed (mph)	Incline	Effort
0 to 5	2.8	0%	Easy warm-up, could sing
5 to 10	3.2	1%	Brisk, can talk
10 to 15	3.4	2%	Brisk, short sentences
15 to 18	3.2	1%	Brisk, can talk
18 to 20	2.8	0%	Easy cool-down
Done:	Date _____	Felt (1 to 10) ____	Notes _____

2. 30 minute incline walk

30 min

Same speed, rising hill. Hands off the rails.

Minutes	Speed (mph)	Incline	Effort
0 to 5	3.0	1%	Easy warm-up
5 to 10	3.2	4%	Moderate, can talk
10 to 15	3.2	6%	Moderate, breathing deeper
15 to 20	3.0	8%	Somewhat hard, short sentences
20 to 25	3.0	6%	Moderate
25 to 30	2.8	1%	Easy cool-down
Done:	Date _____	Felt (1 to 10) ____	Notes _____

3. 15 minute quick session

15 min

For days you almost skipped. Walkers use the incline option.

Minutes	Speed (mph)	Incline	Effort
0 to 3	3.0	1%	Easy warm-up
3 to 11	5.5 to 6.5 run or 3.5 walk at 8%	1% or 8%	4 rounds: 1 min hard, then 1 min at 3.2 mph, 1%
11 to 13	4.5 jog or 3.4 walk	1% or 4%	Moderate, steady
13 to 15	2.8	0%	Easy cool-down
Done:	Date _____	Felt (1 to 10) ____	Notes _____

4. 20 minute interval run

20 min

Classic 1:1 intervals. Use the quick-set speed buttons.

Minutes	Speed (mph)	Incline	Effort
0 to 5	3.2 walk, then 5.0 jog	1%	Easy, build gradually
5 to 15	6.5 to 7.5 fast, then 3.5 walk	1%	5 rounds: 1 min hard (few words), 1 min easy
15 to 17	5.0	1%	Easy jog
17 to 20	3.0	0%	Easy cool-down walk
Done:	Date _____	Felt (1 to 10) ____	Notes _____

5. 30 minute HIIT			30 min
<i>Short, sharp efforts with long recoveries. Twice a week at most.</i>			
Minutes	Speed (mph)	Incline	Effort
0 to 6	3.2 walk, then 5.0 jog	1%	Easy, build gradually
6 to 24	7.0 to 8.5 fast, then 3.0 walk	1%	6 rounds: 30 sec very hard, 2 min 30 sec easy
24 to 27	4.5	1%	Easy jog or brisk walk
27 to 30	2.8	0%	Easy cool-down
Done:	Date _____	Felt (1 to 10) ____	Notes _____

6. 45 minute progression			45 min
<i>Start slower than you think. Finish faster than you started.</i>			
Minutes	Speed (mph)	Incline	Effort
0 to 5	3.2	1%	Easy walk
5 to 15	5.0	1%	Easy jog, full sentences
15 to 25	5.3	1%	Easy to moderate
25 to 35	5.6	1%	Moderate, can talk
35 to 40	6.0	1%	Comfortably hard, short sentences
40 to 45	3.0	0%	Easy cool-down walk
Done:	Date _____	Felt (1 to 10) ____	Notes _____

7. Glute-focused incline walk			35 min
<i>Slower speed, steeper hill, tall posture, push through the whole foot.</i>			
Minutes	Speed (mph)	Incline	Effort
0 to 5	3.0	2%	Easy warm-up
5 to 10	2.8	8%	Moderate, can talk
10 to 15	2.6	10%	Somewhat hard, short sentences
15 to 20	2.8	6%	Moderate, recover
20 to 25	2.6	10%	Somewhat hard
25 to 30	2.8	8%	Moderate
30 to 35	2.8	1%	Easy cool-down
Done:	Date _____	Felt (1 to 10) ____	Notes _____

8. Beginner run/walk			25 min
<i>Add 30 seconds to each jog every week you finish feeling good.</i>			
Minutes	Speed (mph)	Incline	Effort
0 to 5	3.2	1%	Brisk walk warm-up
5 to 21	4.5 to 5.0 jog, then 3.3 walk	1%	4 rounds: 1 min jog, 3 min walk
21 to 25	3.0	0%	Easy cool-down
Done:	Date _____	Felt (1 to 10) ____	Notes _____

9. Tempo run			35 min
<i>For runners who can already jog 30 minutes without stopping.</i>			
Minutes	Speed (mph)	Incline	Effort
0 to 3	3.5	1%	Brisk walk
3 to 10	5.0 to 5.5	1%	Easy jog
10 to 30	6.0 to 7.0	1%	Comfortably hard, a few words at a time
30 to 35	3.0 to 4.5	0%	Easy jog into a walk
Done:	Date _____	Felt (1 to 10) ____	Notes _____

10. Rainy day long run			60 min
<i>Your outdoor long run, moved inside. Easy effort the whole way.</i>			
Minutes	Speed (mph)	Incline	Effort
0 to 5	3.2	1%	Brisk walk
5 to 15	5.0	1%	Easy jog, full sentences
15 to 30	5.2	1%	Easy, conversational
30 to 45	5.2	1% (3% for 1 min every 5)	Easy, rolling hills
45 to 55	5.4	1%	Easy to moderate
55 to 60	3.0	0%	Easy cool-down walk
Done:	Date _____	Felt (1 to 10) ____	Notes _____