

FOUR FUN TREADMILL WORKOUTS



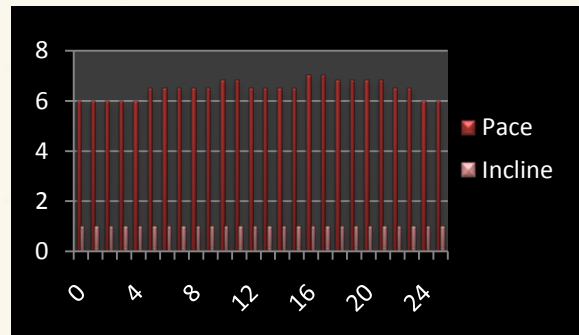
...TO BUILD
ENDURANCE &
BEAT BOREDOM!

Brochure courtesy of:
www.fANNEtasticfood.com

Workout #3

- 25 Minutes
- Steady Pace, Slight Incline

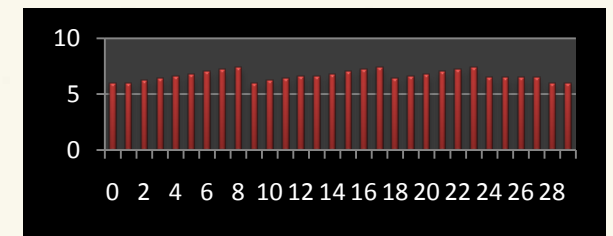
Minute	Pace (mph)	Incline
0-5	6.0	1.0
5-10	6.5	1.0
10-12	6.8	1.0
12-16	6.5	1.0
16-18	7.0	1.0
18-22	6.8	1.0
22-24	6.5	1.0
24-25	6.0	1.0



Workout #4

- 30 Minutes
- Speed Demon! No Incline.

Minute	Pace (mph)
0-2	6.0
2-3	6.2
3-4	6.4
4-5	6.6
5-6	6.8
6-7	7.0
7-8	7.2
8-9	7.4
9-10	6.0
10-11	6.2
11-12	6.4
12-14	6.6
14-15	6.8
15-16	7.0
16-17	7.2
17-18	7.4
18-19	6.4
19-20	6.6
20-21	6.8
21-22	7.0
22-23	7.2
23-24	7.4
24-28	6.5
28-30	6.0



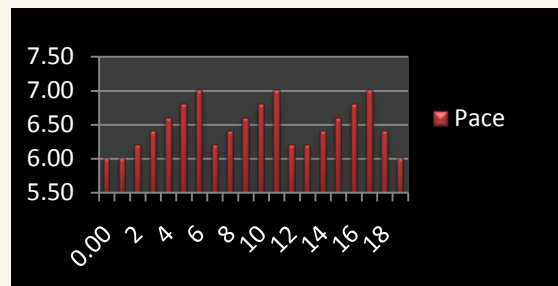
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Workout #1

- 20 Minutes
- No Elevation, Varying Pace

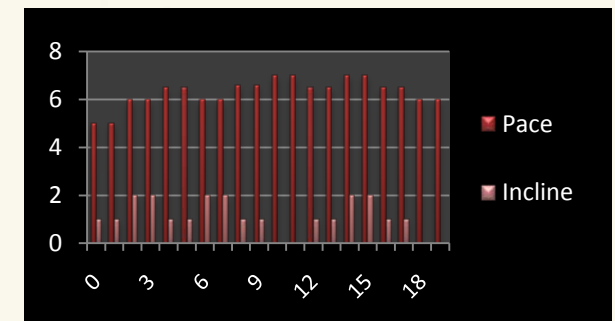
Minute	Pace (mph)
0-2	6.0
2-3	6.2
3-4	6.4
4-5	6.6
5-6	6.8
6-7	7.0
7-8	6.2
8-9	6.4
9-10	6.6
10-11	6.8
11-12	7.0
12-14	6.2
14-15	6.4
15-16	6.6
16-17	6.8
17-18	7.0
18-19	6.4
19-20	6.0



Workout #2

- 20 Minutes
- Varying Elevation, Varying Pace

Minute	Pace (mph)	Incline
0-2	5.0	1.0
2-4	6.0	2.0
4-6	6.5	1.0
6-8	6.0	2.0
8-10	6.6	1.0
10-12	7.0	0.0
12-14	6.5	1.0
14-16	7.0	2.0
16-18	6.5	1.0
18-20	6.0	0.0



flat



WO #1

+ changing elev.



WO #2

WO #3

+ steady elev.



WO #4

+ speed



Tips to keep these workouts fresh:

- Increase the mph paces as you become faster.
- For a longer workout, simply combine or repeat any of these workouts.
- Try adding incline to workouts 1 and 4.

Don't forget to mix in some outdoor runs, too. Good luck and have fun!

