

Treadmill Workouts

Done-for-you workouts
so you don't have to think
and you won't get bored!

30-Minute HIIT Workouts
for your treadmill
to Get You In and Out
and On With Your Day

Workout 1

Choose a steady treadmill pace
that you can maintain for 20 minutes

5 minute warmup	
1 minute	0% incline
1 minute	3% incline
Repeat x 10 for a total of 20 minuted	
5 minute cooldown	

This is not a complicated workout but it's more interesting than a steady state workout and the constant change in incline will work your glutes and rev your metabolism a bit.

Workout 2

Choose a steady treadmill pace that you can maintain for 20 minutes. The incline steadily increases in this workout so keep that in mind when you choose a pace. You can adjust during the workout if necessary!

5 minute warmup	
1 minute	1% incline
1 minute	2% incline
1 minute	3% incline
1 minute	4% incline
1 minute	5% incline
1 minute	6% incline
1 minute	7% incline
1 minute	8% incline
1 minute	9% incline
1 minute	10% incline
1 minute	9% incline
1 minute	8% incline
1 minute	7% incline
1 minute	6% incline
1 minute	5% incline
1 minute	4% incline
1 minute	3% incline
1 minute	2% incline
1 minute	1% incline
5 minute cooldown	

Workout 3

This workout is uncomplicated. There are just two intervals that are repeated for 20 minutes but it will keep your heart rate up! If you have an interval function on your treadmill, this workout is perfect for that.

5 minute warmup	
3 minutes	4 mph
2 minutes	6 mph
Repeat x 4 for a total of 20 minutes	
5 minute cooldown	

Workout 4

This workout will keep your body guessing as you constantly change speeds and time intervals. Another good one for the interval function on your treadmill.

5 minute warmup	
2 minutes	4 mph
1 minute	6 mph
2 minutes	3 mph
1 minute	4 mph
2 minutes	6 mph
2 minutes	3 mph
3 minutes	6 mph
2 minutes	3 mph
2 minutes	4 mph
2 minutes	6 mph
1 minute	3 mph
5 minute cooldown	

Workout 5

This workout can be challenging as the treadmill speed and incline go up together so adjust it if you need to.

5 minute warmup		
2 minutes	3.5 mph	3.5% incline
2 minutes	3.5 mph	0% incline
2 minutes	4.5 mph	4.5% incline
2 minutes	4.5 mph	0% incline
2 minutes	5.5 mph	5.5% incline
2 minutes	5.5 mph	0% incline
2 minutes	6.5 mph	6.5% incline
2 minutes	6.5 mph	0% incline
2 minutes	3.5 mph	3.5% incline
2 minutes	3.5 mph	0% incline
5 minute cooldown		

Workout 6

In this workout the "intervals" are the treadmill incline changes. Choose a pace that you can maintain throughout the workout even with the incline changes.

5 minute warmup	
2 minutes	6% incline
2 minutes	3% incline
2 minutes	8% incline
2 minutes	3% incline
2 minutes	10% incline
2 minutes	3% incline
2 minutes	8% incline
2 minutes	3% incline
2 minutes	6% incline
2 minutes	3% incline
5 minute cooldown	