

12-WEEK TREADMILL WORKOUT

May 26, 2011 | By [Dan Harriman](#)



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If you are serious about fitness and staying in shape, you must commit time to the cause. Cardiovascular exercise, such as a 12-week treadmill workout program, should be a part of any comprehensive fitness plan. If you do not run, consider a treadmill walking program. Consult your doctor before beginning any type of exercise regimen.

WEEKS 1 TO 4

Begin your treadmill program on a Monday with a cardio walk for 20 minutes at a pace of 3 to 4 mph. You should be breathing harder than normal but still be able to hold a conversation. On Tuesday, perform speed intervals by walking at a moderate pace of 3 to 3.5 mph for five minutes. Then increase the pace up to 4.5 mph for one minute, before returning to a moderate pace for five minutes. Repeat this cycle for 33 minutes.

Do another cardio walk on Wednesday, and perform incline intervals on Thursday. Incline intervals consist of walking at 3 to 4 mph for five minutes at an incline setting of 0 or 1. Then increase the incline setting to 4 or 5 for five minutes before coming back down to 0 or 1 for five minutes. Repeat the cycle for 35 minutes. Take a rest day on Friday. Finish the week with a power mix on Saturday, varying the speeds and inclines dramatically for 28 minutes. Rest on Sunday.

WEEKS 5 TO 8

Mondays begin with cardio walks again but are now combined with strength moves. Set the treadmill to a very slow pace for the moves, and keep at least one hand on the treadmill handlebars. The first move is a

side step, the second move is a lunge step and the third is a squat. Bring the treadmill to a stop for the squats. Perform each move for one minute.

The remainder of the week is the same as in the first four weeks, with the exception of Friday, which is now a cardio walk day with strength moves. Increase the cardio walk routine to 30 minutes and the speed intervals routine to 36 minutes.

WEEKS 9 TO 12

Weeks 9 to 12 are exactly the same as weeks 5 to 8. The only change comes on Sunday, which is now a cardio walk day with no strength moves. Your fitness level should be good enough at this point to allow you to work out every day of the week. Increase cardio walk routines to 40 minutes and your speed interval routine to 39 minutes.

WARMING UP AND COOLING DOWN

Always perform a five-minute warmup before every workout session. A warmup consists of some slow walking and basic stretching. Similarly, do a five-minute cool-down after each session. If you feel discomfort at any point during your workout, stop immediately. If the discomfort continues, consult with your doctor.

REFERENCES

- [Crosstrainer: Indoor Fat-Blasting Routines for Everybody](#)
- [MayoClinic.com: Fitness Training - 5 Elements of a Rounded Routine](#)

Read more: <http://www.livestrong.com/article/384563-12-week-treadmill-workout/#ixzz2KE4ARVUO>