

LORIE BAKER'S INTERVAL TREADMILL WORKOUT

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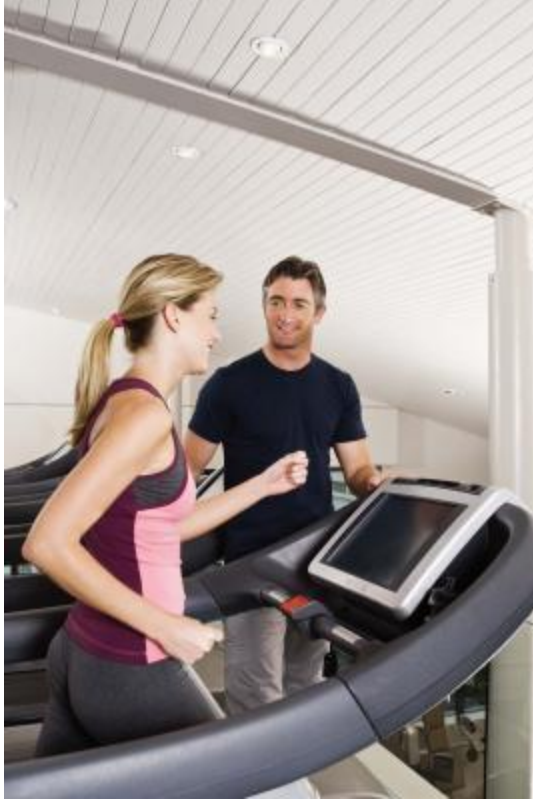


Photo Credit Jupiterimages/Goodshoot/Getty Images

World renowned modeling agency, Ford has branched out from the catwalk to include models for fitness media in their Ford Fitness division. One of their models famous for her work with Banana Republic, Tommy Hilfiger and other designers, Lorie Baker has recorded advice and training on how to use the treadmill for a simple but effective interval workout.

INTERVAL BASICS

Originally conceived in Sweden as training called "speed play," interval training involves exercising at a highly intense level of activity, followed by a period of active rest where you continue to work, but at a lesser intensity to provide recovery time. This process repeats itself through your workout, reducing your chances of injury from repetitive movements.

INTERVAL BENEFITS

Interval training provides results that are comparable to or better than a typical fixed-exertion form of exercise, in less time. This type of training also incorporates both aerobic and anaerobic exercise into one routine, making it more efficient than your static intensity workout. Several university studies confirm that interval training builds cardiovascular endurance and burns fat at a greater speed than traditional exercise, including results published in the "American Journal of Applied Physiology."

LORIE BAKER'S ROUTINE

Baker suggests beginning your workout with a warmup such as walking at 3 mph, gradually increasing your speed over five minutes until you reach 6 mph. She then recommends upping your speed to

between 8 to 10 mph, depending on your fitness level. Maintain this high intensity for 30 seconds then drop your speed to 3 mph for 1.5 minutes. Continue alternating back and forth until you complete the duration you prefer, leaving five minutes to cool down at 2.5 mph.

BAKER'S ELLIPTICAL ALTERNATIVE

Baker also works out in similar fashion using an elliptical trainer to complete her interval cycles, but the routine translates over easily to treadmill use as well. Baker reminds you to start elliptical trainers by pedaling to turn on the display; treadmills begin rolling after you press the start button. She begins again with a 5-minute warmup at 110 strides per minute or 3.5 mph. Pick up your pace to between 140 and 170 strides per minute or 5 to 6.5 mph while adding incline during your high intensity portions. Cool down for five minutes at the end of your workout.

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REFERENCES

- [American Council on Exercise: Fit Facts: Interval Training](#)
- [Fashion Model Directory.com: Lorie Baker](#)
- ["Journal of Applied Physiology"; Two Weeks of High-Intensity Aerobic Interval Training; Jason L. Talanian, et al.; Dec. 7, 2006](#)
- [Veoh: Lorie Baker's Interval Treadmill Workout](#)
- [Daily Motion: Lorie Baker's Interval Workout](#)

Read more: <http://www.livestrong.com/article/425679-lorie-bakers-interval-treadmill-workout/#ixzz2KE35hqWs>