

Treadmill Workouts for Beginners

The goal of this Treadmill Workouts for Beginners is to provide you with an effective workout that will not only burn calories, but promote strength and cardiovascular health. Check with your health care provider before you start any exercise program.

WORKOUT	TYPE	FOCUS	DESCRIPTION
Speed	Interval	Speed and endurance	<ol style="list-style-type: none"> Warm-up (5 min) - Walk with no incline Choose a pre-programmed workout (5 min) - (e.g., tempo, hill climbing, fat burning) Add .5-1.0 mph Adjust the speed as needed (15 min) - until you reach a moderate-intensity effort Cool down (5 min) - adjust speed until you are back at a gentle walking pace
Incline	Interval	Endurance and muscle-building	<ol style="list-style-type: none"> Warm-up (5 min) - Walk with no incline Increase incline (2 min) - to level 1, exerting yourself a less-than moderate-intensity pace Increase incline (2 min on repeat for desired length of time) - to the next level every 2 minutes building up until you reach a moderate-intensity level of activity. Stay at this intensity for 1 more minute, then reverse the routine until you're back at zero grade incline Cool-down (5 min) - If you're not already at zero grade incline, be sure to come down one level at a time, gradually bringing down your heart rate
HIIT 1	Interval	Cardiovascular health and calorie burning	<ol style="list-style-type: none"> Warm-up (5 min) - Walk with no incline Power walk (1 min), gentle walk (3 min) Power walk (1 min), gentle walk (3 min) Power walk (1 min), gentle walk (2 min) Power walk (1 min), gentle walk (2 min) Power walk (1 min), gentle walk (2 min) Power walk (1 min), gentle walk (1 min) Power walk (1 min), gentle walk (1 min) Cool-down (5 min) - Continue to walk gently
HIIT 2	Interval	Cardiovascular health and calorie burning	<ol style="list-style-type: none"> Warm-up (5 min) - Walk with no incline Exercise (2 min) - at a moderate-intensity pace and incline Increase the settings (1 min) - to raise you to a vigorous-intensity pace Alternate between moderate and vigorous paces (repeat for 20-30 min) - 2 minutes moderate-intensity, 1 minute vigorous-intensity Cool-down (5 min) - gradually bring your heart rate down

Treadmill routines 1-3 adapted from Harvard Health.^{2,3} Treadmill routine 4 adapted from Cleveland Clinic.¹

Step into the habit of healthy with a FREE walking program like Walk Across Texas.

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References

1. How to get the best cardio treadmill workout. Cleveland Clinic. <https://health.clevelandclinic.org/how-to-get-the-best-cardiovascular-workout-on-a-treadmill/>. Published December 2, 2022. Accessed December 2, 2022.
2. Solan M. Treadmills: Tips for using this versatile piece of exercise equipment. Harvard Health. <https://www.health.harvard.edu/blog/treadmills-are-versatile-exercise-equipment-if-you-know-how-to-use-them-2017042611642>. Published April 26, 2017. Accessed December 2, 2022.
3. Get smart about treadmills. Harvard Health. <https://www.health.harvard.edu/staying-healthy/get-smart-about-treadmills>. Published May 1, 2017. Accessed December 2, 2022.