

TREADMILL SESSIONS

Session 1: Treadmill 45 minutes

0-5 warm-up
5-6 walking lunges (hang on to the sides if you need to)
6-7 0% incline run
7-10 10% incline run at 8k
10-11 side shuffles R leg closest to the head of the treadmill (%deg / 6k)
11-12 side shuffles L (same as for left)
12-15 run
Repeat for 45 minutes

Session 2: Treadmill 45 minutes

0-5 0% incline 5k
5-10 10% incline 7k
10-12 Get off and do 15 sit-ups, 15 squats & 15 push-ups
12-15 Run
15-18 Walk backwards at 5% (hold on)
18-20 run
Repeat for 45 minutes

Session 3: Treadmill & Jump Rope 45 minutes

0-5 warm-up walk on treadmill
5-6 jump rope
6-10 10% incline at 8k or above
10-13 Run
13-15 Walk backwards at 5%
15-20 walk 1 minute / run 1 minute
Repeat for 45 minutes

