

MY THINK BIG LIFE
Fat-Blasting Treadmill Workout

0 - 5 Minutes: Warm Up

Start at 3.0 mph (or a little slower) and 0% incline. Each minute increase incline by 1 % and speed by 1 mph until you are at 3.5 mph. *This is a little fast for my own warm up. I speed up more gradually and don't get to that speed until the next interval.

5 - 10 Minutes: Increase Your Heart rate

Stay at 5% incline and increase speed to 3.6%.

10 - 15 Minutes: Getting Ready for the Challenge

Increase incline to 8-10 %

15 - 20 Minutes: The Challenge Segment

Increase incline from 10%-14%, maintain speed or increase to 3.8-4.0. You can go as high as 4.0 as a goal to work towards as long as you can maintain good control.

20 - 25 minutes: Decreasing Your Heart rate

Decrease incline 1% each minute and decrease speed down to 3.5.

25 - 30 Minutes: The Cool Down

Decrease incline 1% each minute and decrease speed by 2mph each minute. During your final minute you should be at 0% incline and somewhere around 2.6 mph. If you feel like you need a little extra cool-down time after this continue walking until you feel comfortable.

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Date	Time Elapsed	Distance	Calories	Average Pace