

Bring the treadmill to brisk walking pace for 3 minutes (usually 5.0-6.0 Kph)
this is your warm up (ensure your incline level is flat)

As the timer reaches 3 minutes increase the speed to a light jog, concentrate on a balanced posture, hold the abdominals tight. (8.5-9.0 Kph)

Breathing in through your nose and out through your mouth as much as possible, Hold for 3 minutes...

Increase the pace as you reach the 6 minute mark by 1.0 - 1.5 Kph.
Continue to breathe slow and controlled for a further 2 minutes. push here...

When the clock reaches 8 minutes bring the speed back down to 6.5 Kph for a 1 minute recovery session. Place your hands on your head and breathe in through the nose out through the mouth.

Increase the incline 30 seconds into the recovery by 3%

When the recovery ends step the pace back up to 8.5-9.0 Kph, hold here for 2 mins 30 seconds

Bring it back down for a 1 minute recovery session - 6.5 kph

Then step it back up for a further 3 minutes at your maximum pace for the day (8.5 kph min)

Take the speed back down for a minute recover (6.0 kph) then go for the last 1min 30 secs at around 10 kph.

Ensure you do a full recovery

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Beginner Workout #2 - 15 minutes beginner Cardio #2 Kph (+3min warm up and +2min warm down)

15 Minute Beginner Workout Stage #2		
Date of workout		/ / 2008
Speed Kph	Incline	Time
Recommended	Recommended	Recommended
8.5	0%	3
9.5	0%	2
6.5	0%	1
8.5	3%	2.30 secs
6.5	3%	1
8.5	3%	3
6	3%	1
10	3%	1.30 secs
Total Time		15 Mins
Highest Speed		
Distance Covered		
Highest Incline		

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9.5	0%	2
6.5	0%	1
8.5	3%	2.30 secs
6.5	3%	1
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6	3%	1
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