

## Beginner Treadmill Workout – 12 weeks

McGinnis, Marianne. "12-Week Treadmill Workout." *Prevention.com* 5 July 2006.  
<http://www.prevention.com/article/0,5778,s1-2-67-682-3600-1,00.html>

Week	Warm-Up (5 minutes)	Activity	Pace	Cool Down (5 minutes)	Total Time	Week Completed
1	Walk slowly 1.5 - 2.0 mph for 1 minute. Slow speed to no more than 1.8 mph and walk on your toes for 30 seconds, and then switch to your heels for 30 seconds. Repeat once. Raise incline to 6, and stretch your legs by taking longer strides for 1 minute. Lower the incline to 0, and speed up to 2.5 - 3.0 mph for 1 minute.	Walk for 20 min.	3 – 4 mph	Reduce speed to 2.5 - 3.5mph for 3 min.  Reduce speed to 1.5 - 2.5 mph for 2 min.	30 min.	
2	Refer to Week 1	Walk for 20 min.	3 – 4 mph	Refer to Week 1	30 min.	
3	Refer to Week 1	Walk for 20 min.	3 – 4 mph	Refer to Week 1	30 min.	
4	Refer to Week 1	Walk for 20 min.	3 – 4 mph	Refer to Week 1	30 min.	
5	Refer to Week 1	Walk for 30 min.	3 – 4 mph	Refer to Week 1	40 min.	
6	Refer to Week 1	Walk for 30 min.	3 – 4 mph	Refer to Week 1	40 min.	
7	Refer to Week 1	Walk for 30 min.	3 – 4 mph	Refer to Week 1	40 min.	
8	Refer to Week 1	Walk for 30 min.	3 – 4 mph	Refer to Week 1	40 min.	
9	Refer to Week 1	Walk for 40 min.	3 – 4 mph	Refer to Week 1	50 min.	
10	Refer to Week 1	Walk for 40 min.	3 – 4mph	Refer to Week 1	50 min.	
11	Refer to Week 1	Walk for 40 min.	3 – 4 mph	Refer to Week 1	50 min.	
12	Refer to Week 1	Walk for 40 min.	3 – 4 mph	Refer to Week 1	50 min.	