

# Interval Training

Interval training is when you break down your workout into segments and exercise at different intensities. Some of its benefits include burning more calories and fat, improves cardiovascular fitness, and adds variety to workouts. It also challenges your body, preventing it from adapting and reaching a plateau that will slow your physical fitness/weight loss progress.

\*\*\*Break your walk down into approximately 5-minute segments.

## Time-Pace/Speed Intervals

- #1 – Warm up 3-5 min. Walk 4 min at normal pace, then 1 min at increased speed. Repeat until finished.
- #2 – Warm up 3-5 min. Walk 2 min at normal, 1 min increased speed. Repeat until finished.
- #3 – Warm up 3-5 min. Walk 3 min at normal pace, then 2 min at increased speed. Repeat until finished.
- #4 – Warm up 3-5 min. Walk 2 min at normal pace, then 3 min at increased speed. Repeat until finished.
- #5 – Warm up 3-5 min. Walk 5 min at normal pace, then 5 min at increased speed. Repeat until finished.

Speed Pyramid – As your endurance increases, go for longer periods of time at each speed.

1. Warm up 3-5 min at 3 mph.
2. Increase speed to 3.5 mph for 45 seconds.
3. Increase to 4.0 mph for 45 seconds.
4. Increase to 4.5 mph for 45 seconds.
5. Decrease to 4.0 mph for 45 seconds.
6. Decrease to 3.5 mph for 45 seconds.
7. Decrease to 3.0 mph for 1 minute, then repeat pyramid 5 times.

## Time-Incline Intervals

- #1 – Warm up 3-5 min at 3-4 mph. Increase incline to 3% for 2 min. Return to 0% for 1 min. Repeat until finished.
- #2 – Warm up 3-5 min at 3-4 mph. Increase incline to 3% for 4 min. Return to 0% for 2 min. Repeat until finished.
- #3 – Warm up 3-5 min at 3-4 mph. Increase incline to 5% for 3 min. Return to 0% for 2 min. Repeat until finished.
- #4 – Warm up 3-5 min at 3-4 mph. Increase incline to 5% for 5 min. Return to 0% for 2 min. Repeat until finished.

Incline Pyramid – As your endurance increases go for longer periods of time at each incline.

1. Warm up 3-5 min at 3-4 mph at 0% incline.
2. Increase incline to 2% for 1 minute.
3. Increase incline to 3% for 1 minute.
4. Increase incline to 4% for 1 minute.
5. Increase incline to 5% for 1 minute.
6. Decrease incline to 4% for 1 minute.
7. Decrease incline to 3% for 1 minute.
8. Decrease incline to 2% for 1 minute.
9. Decrease to 0% incline for 3 minutes, then repeat pyramid 2 times.

## Other Ways to Mix up your Treadmill Workout:

Walk at a very slow speed for the first two moves (1-2 mph), and stop treadmill for the third.

1. Side Stepping – With the treadmill moving slowly and your right hand on the console, turn to the left so your right shoulder is facing forward. As the belt moves your feet to the left, step your right foot to the right, and then step your left foot to the right. Continue side stepping for 30 seconds. Repeat facing the right side for 30 more seconds. (Works inner and outer thighs and hips)
2. Lunge Stepping – Holding the front rail, let the belt take your feet back until your arms are extended, then take a large step forward with your right leg. Bending your right knee, lower your left knee toward the belt, then press off with your left foot and stand back up. Continue by stepping forward, alternating legs, for 30 seconds. (Works thighs and glutes)
3. Squats – Stop the treadmill, and straddle the belt so you're standing on the frame. With your hands lightly resting on the front rail, sit back as if in a chair, but don't extend your knees past your toes. Press into your heels, and stand back up. Repeat 12 times. (Works glutes and thighs)



SIDE STEPPING



LUNGE STEPPING



SQUATS