



Austin Public Safety Wellness Center

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Treadmill Workouts

Adding speed and/or incline intervals to a treadmill session can increase calorie burn, build strength, and provide an overall more intense cardiovascular workout. Replace one of your usual treadmill workouts with one outlined below. When your fitness improves to the point the workouts are easy increase speed, incline, or time.

Incline Walk/Jog

Time	Activity	Speed* Adjust to current fitness level	Incline
0:00 – 5:00	Warm-up	3.0	0%
5:00 – 35:00	Treadmill Workout	3.5	Increase 1% every 2 minutes up to 15%
35:00 – 40:00	Cool-down	3.0	0%
40:00 – 45:00	Optional stretching/core		

Hiking Protocol

Time	Speed* Adjust to current fitness level	Incline* Adjust to current fitness level	Notes
0:00 – 3:00	2.5 – 3.0	1.5 – 2.0	Warm-up
3:00 – 5:00	3.3	4.0	
5:00 – 8:00	3.5	6.0	
8:00 – 10:00	4.0	9.0	
10:00 – 12:00	3.5	10.0	
12:00 – 13:00	3.3	12.0	
13:00 – 14:00	3.5	14.0	
14:00 – 16:00	4.0	9.0	
16:00 – 17:00	3.8	7.5	
17:00 – 20:00	3.0	2.0	Cool-down