



# 500 Calorie Treadmill Workout

**Duration:** 45-minutes

**Description:** Burn 500-calories with this HIIT Treadmill Workout!

**Equipment Needed:** Treadmill, Water bottle, Towel, Sneakers, Rockin' Playlist

## Warm-up

Time	Incline	Suggested Speed	Intensity	Notes
2 min	1%	3.0 MPH	Easy	Use this minute to get set; find the speed & incline buttons on the treadmill, as well as the emergency stop. Locate the display and make sure it's counting UP, rather than down (you'll be watching the minutes closely for our intervals).
2 min	5%	3.5 MPH	Moderate	Adding incline & speed, you should now be at a brisk walking pace. You should be pumping your arms and concentrating on your stride. Make sure you can talk in sentences, but not carry on a conversation.
1 min	5%	3.8 MPH	Moderate +	For your last minute, up the speed to a place where walking becomes a bit more challenging but concentrate on trying to maintain the same breath rate. It's almost time to get to work!

# Interval Set #1

	Time	Incline	Suggested Speed	Intensity	Notes
Interval Set #1	2 min	7%	4.2	Hard	First chance to test your lungs & your legs. Find a walking speed that makes you pump your arms to keep up with the belt. You should only be able to say a few words at a time before taking a breath as you finish up the interval.
	1 min	5%	3.8	Moderate	Decrease the intensity slightly, but still continue to breathe hard. Only come back to a place where you can start to talk in sentences again.
	2 min	1%	6.5	Hard	All right, let's hit it with some speed! Decrease the incline and find a running tempo that makes you not happy about going for two minutes. This is NOT your highest speed of the day, so save some in the reserve tanks. Get back to an intensity that leaves you trying to talk, but not able to get out more than 3-5 words at a time.
	1 min	1%	5.5	Moderate	Recover; still jogging if you can, but it should be a relaxed effort.
	2 min	12%	3.0	Hard	One more push. This time, let's use incline to get us there. You will need to significantly decrease your speed & increase the incline to find the same feeling you had during the running interval.
	1 min	5%	3.8	Moderate	Decrease the incline, bump the speed and get back to breathing comfortably.
	2 min	5%	3.5	Moderate	Recover: Continue the recovery with a slightly lower speed. However, if you find you're feeling fine, play with the speed at this incline and see what you can handle while still able to talk comfortably.
	1 min	1%	5.0	Moderate	Ramp It Up: It's almost that time! Prep for Round 2 of intervals; you have 4 this time.

# Interval Set #2

	Time	Incline	Suggested Speed	Intensity	Notes
Interval Set #2	1 min	1%	6.8	Breathless	OK. GO! Your first push towards breathless. You may need to experiment with the speed; but get to a place where you need to recover at the end of the minute. Oh, and don't forget, you shouldn't be able to talk in the middle of this one.
	1 min	1%	5.5	Moderate	Come to a comfortable jog and try to get your breath back down to a manageable level. You may NOT actually get back to moderate; but try.
	1 min	7%	4.5	Hard	Interval 2 will use fast walking speeds + an aggressive incline. Find a combination that will have you approaching the way you felt in the 1st interval of this round, but NOT quite! The walk speed should be fast enough you'd rather be running.
	1 min	5%	3.7	Moderate	Back off and grab a drink. Half way through this set.
	1 min	1%	7.0	Breathless	Get back to breathless with low incline and high leg speeds. Test your limits on this one; it's just 1 minute and the last running interval of this set.
	1 min	1%	5.5	Moderate	Back to a jog to try to catch your breath before your last push and a decent recovery.
	1 min	7%	5.0	Hard	This one is going to be tough; choose a very slow jog pace but try to take that pace up a steep incline. If this feels uncomfortable, repeat the fast walk interval from above. No need to get breathless on this one; super uncomfortable is what we're after.
	1 min	6%	3.8	Moderate	Keep the incline, decrease the pace and this should feel like a walk in the park (well, not quite!)
	2 min	5%	3.5	Moderate	Recover: You know what to do; take your time in the recovery. We have ONE more set of HARD intervals to come!
	1 min	1%	5.0	Moderate	Ramp It Up: Get ready; if you're up for it, these are all running intervals.

# Interval Set #3

	Time	Incline	Suggested Speed	Intensity	Notes
Interval Set #3	45 sec	1%	6.8	Breathless	Alright, 5 intervals that will look exactly the same. Use speed as a guide, but the idea is to really GO FOR IT! Empty the tanks by pushing yourself past what you think is possible. It's just 45 seconds; go breathless by the end of the interval each time.
	45 sec	4%	4.0	Moderate	For 45 seconds, do whatever you need to bring the heart rate down quickly (but don't stop!). You need to take time to break so you can do 4 more exactly like the first!
	45 sec	1%	6.9	Breathless	Yep, it's that time ... a little faster? Why not?
	45 sec	4%	4.0	Moderate	Back off; it should get harder to recover with each interval.
	45 sec	1%	7.0	Breathless	Top speed ... we won't try to go faster after this one so give it all you got (and remember the # for next time!)
	45 sec	4%	4.0	Moderate	Phew ... so glad that one is over. Just 2 to go.
	45 sec	1%	6.9	Breathless	Lather, Rinse, Repeat ... try it again. If you feel like you want to stop right about now, you're right where we want you!
	45 sec	4%	4.0	Moderate	Breathe ... almost done.
	45 sec	1%	6.8	Breathless	Last push; not the highest speed, but chances are you have zero interest in doing any more of these intervals.
	45 sec	4%	3.5	Moderate	Big dip in speed, concentrate on your breath and take a drink.
	3 min	1%	5.0	Moderate	Challenge: So, there are no more cries of go harder, but what you can do when you're tired is a true testament to your fitness. Could you jog, slowly, for 3 minutes and maintain breath? Give it a shot; over 3 min start to slowly ramp up speed until you're jogging but able to breathe comfortably.