

HILL INTERVALS



There's no better way to get a toned lower half than to consistently run on an incline. This workout will make your legs and lungs burn as you increase your total fitness.

You'll need: *Treadmill*

Workout:

0:00-5:00: Start walking or jogging at an RPE 5, gradually increasing the incline (without increasing your speed), so that by the end of the first five minutes, you're at an RPE 6.

5:01-7:00: Increase your speed while maintaining the incline, working at an RPE 7.

7:01-9:00: Increase the incline and maintain your speed, working at an RPE 8.

9:01-12:00: Reduce your speed, but maintain the incline, working at an RPE 7.

12:01-15:00: Increase your speed and, if you can, increase the incline. These are your last three minutes of hard work, so push it! Try to work up to an RPE 9.

15:01-20:00: Gradually reduce your speed, then gradually reduce your incline. By the last minute of your routine you should be back to an RPE 4 or 5.

TREADMILL TABATA



Tabata is a form of high-intensity interval training that only lasts four minutes. True Tabata routines incorporate eight rounds of 20 seconds of work followed by 10 seconds of rest, all done at the highest intensity possible.

You'll need: *Treadmill Jump rope Set of dumbbells*

Workout:

0:00-8:00: Walk or jog on the treadmill, gradually increasing your speed so that you start at an RPE 4 and finish at an RPE 6.

8:01-8:20: Jump rope as fast as you can.

8:21-8:30: Rest.

8:31-8:50: Perform as many squat jumps as you can, as fast as you can (while maintaining good form).

8:51-9:00: Rest.

9:01-9:20: Perform as many push-ups as you can, as fast as you can.

9:21-9:30: Rest.

9:31-9:50: Perform as many plank rows as you can, as fast as you can, alternating from side to side.

9:51-10:00: Rest.

10:01-12:00: Repeat steps 2 through 9.

12:01-20:00: Walk or jog on the treadmill, working at an RPE 6.

AGILITY TRAINING



By slowing the belt down and performing track drills on the machine, you can actually increase your agility and speed. Just be sure to hang onto the rails the first few times you try these moves.

You'll need: *Treadmill*

Workout:

0:00-5:00: Walk or jog on the treadmill, gradually increasing your speed so that you start at a 4 RPE and end at a 6.

5:01-5:30: Slow the treadmill down to its lowest speed and perform high knees as fast as you can.

5:31-6:00: Perform butt kicks as fast as you can, keeping the treadmill's speed at its lowest pace.

6:01-6:30: Perform lunges as you walk on the treadmill at its slowest, or near slowest, speed. Hold onto the railings to maintain your balance.

6:31-7:00: Perform walking side squats on the treadmill at its slowest speed, making sure to keep your knees and toes in alignment.

7:01-7:30: Walk or jog backward on the treadmill at its slowest, or near slowest, speed.

7:31-12:30: Walk or run on the treadmill, pushing yourself to an 8 RPE.

12:31-15:00: Repeat steps 2 through 6, turning to the opposite side when performing the walking side squats.

15:01-20:00: Jog on the treadmill at a comfortable pace, aiming for a 6 RPE.

FULL-BODY FITNESS



You'll need: *Treadmill
Resistance band
Medicine ball or dumbbell*

Workout:

0:00-3:00: Treadmill walk or run — gradually increase your intensity level from a 4 to 6 RPE.

3:01-3:30: Split squat with right foot on treadmill, holding a medicine ball or dumbbell.

3:31-4:30: Resistance band row.

4:31-5:00: Split squat with left foot on treadmill, holding a medicine ball or dumbbell.

5:01-6:00: Treadmill walk or run at RPE 7.

6:01-7:00: Treadmill walk or run at RPE 8.

7:01-7:30: One-legged lunge, right foot on treadmill.

7:31-8:00: One-legged lunge, left foot on treadmill.

8:01-9:00: V-sit bicycle on treadmill.

9:01-10:00: Treadmill walk or run at RPE 8.

10:01-11:00: Treadmill walk or run at RPE 7.

11:01-12:00: Treadmill push-up.

12:01-12:30: Resistance band shoulder press.

12:31-13:00: Resistance band overhead triceps extension.

13:01-14:00: Treadmill walk or run at RPE 9.

14:01-15:00: Treadmill walk or run at RPE 5.

15:01-15:30: One-legged bridge, left foot on treadmill.

15:31-16:00: One-legged bridge, right foot on treadmill.

16:01-17:00: Resistance band row.

17:01-20:00: Treadmill walk or run — start at RPE 7 and gradually decrease intensity to RPE 4.