

# WOOWALKERS TREADMILL 30 MINUTE INTERVAL TRAINING WORKOUT

## WARM UP

Perform some arm & leg warm ups like half jacks (jump from feet together to feet apart a few times & arm stretches backwards & forwards & up & down

## GET STARTED – 0 - 5 mins

5 Minutes Warm Up Walking at 3 mph and 1% incline. Target Heart Rate 120 – 130 bpm

## RAMP IT UP – 5 – 9 mins

4 Minutes Interval Walking at 3.5 mph and 3% incline. Target Heart Rate 130 – 140 bpm

## CALM DOWN – 9 – 11 mins

2 Minutes Breather Walking at 3 mph and 1% incline. Target Heart Rate 125 – 135 bpm

## GO FOR IT – 11 – 20 mins

9 Minutes Interval Walking at 3.5 – 3.8 mph & 3 - 4% incline. Target Heart Rate 140 – 150 bpm

## GIMME A BREAK – 20 – 22 mins

2 Minutes Breather Walking at 3 mph and 1% incline. Target Heart Rate 125 – 135 bpm

## JUST DO IT – 22 – 27 mins

5 Minutes Interval Walking at 3.5 – 3.8 mph & 2 - 3% incline. Target Heart Rate 130 – 140 bpm

## I DID IT – 27 – 30 mins

Cool Ending Walking at 3 mph and 1% incline. Target Heart Rate 125 – 130 bpm