

Tread Lightly!

While there's nothing quite like running outdoors, unruly weather sometimes makes it impossible. For those rainy or blustery days, there's the trusty treadmill. Whether you're a beginner runner or have a few marathons under your belt, we've got a running workout for you. From a run that mimics going up and down San Francisco hills to another that has you ascending a mountain, you'll swear you're actually running outside. Here is a sample of a weeks worth of treadmill workouts:



Monday: Intervals - This is a High Intensity Interval Training (HIIT) workout. The intervals are shorter than the other days and should be run at a much higher intensity. Walk or jog slowly to recover.

***10-minute walk/light jog**

***8x1-minute hard intervals [a 9-10 intensity] with 1-minute recovery**

***5-minute cool down**

Tuesday: 30 minute Tempo Workout - This workout has three parts: A warm up, the tempo section, then a cool down. The key is to run the middle section at a “comfortably hard” pace, one where you’re not dying, but it’s challenging.

***10-minute walk/light jog**

***10-minute Tempo (roughly a 7 intensity on a scale of 1-10)**

***10-minute cool down**

Friday: 30 minute Hill Workout - Running hills is one of the most powerful ways to maximize your treadmill workout. You torch major calories, strengthen your entire body, and improve your running form and efficiency. Run at a 7% incline for the work portion.

***10-minute easy warmup**

***5x2-minute Hills with 1-minute recovery**

***5-minute cool down**

Saturday: 30 minute Endurance Workout - Although it has been much maligned over the past few years, there is still great value to performing lower steady-state treadmill runs. These workouts force the body to add new capillaries and increase the number and size of the mitochondria, building overall endurance. They can also be used as “active recovery,” performed the day after a harder session, such as an interval workout.

***3-minute easy warmup**

***25-minutes steady-state, easy aerobic pace (5-6 intensity)**

Get Started!

Fit tips courtesy of:

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