

Add Variety to Your Treadmill Walking

It is officially winter and for many people this means retreating indoors to exercise. For those whose preferred form of physical activity is walking this can mean resorting to walking on a treadmill. Even though there's no change of scenery with treadmill walking and the only place you go is somewhere in your imagination, you can still build variety into treadmill walking and keep your fitness up over winter by doing it. You may like to try this 7 day treadmill walking program.

Sunday

Warm up by walking at an easy pace for 5 minutes. Build up to a moderate pace - i.e., a pace at which you are puffing lightly but you can hold a conversation – and maintain it consistently for 30-40 minutes. Concentrate so that you don't unconsciously slow down. Ease the pace off for a final 5 minutes, slowing down to your starting pace to cool down.

Monday

Have a day off walking. Perhaps ride an exercise bike for 30 minutes instead or go for a swim.

Tuesday

Warm up for 5 minutes at an easy pace, building to a moderate level. Then walk as fast as you can for 30 seconds. After 30 seconds slow down to your moderate pace for 2 minutes. Repeat the 30 seconds fast followed by 2 minutes moderate 8 –10 times. Cool down with 10 minutes of moderate paced walking, slowing down to an easy pace for the last few minutes.

Wednesday

Warm up by walking at an easy pace for 5 minutes. Build to a moderate pace and maintain it consistently for 20 minutes. After 20 minutes ease the pace off for a few minutes before hopping off and going straight to an exercise bike or cross trainer and starting at an easy pace. Build to a moderate pace on either the bike or cross trainer for 10 minutes and then slow down to an easy pace to cool down.

Thursday

Warm up for 5 minutes at an easy pace. For the next 5 minutes build the pace through a moderate level to a very brisk pace. At this level you should be puffing and only able to talk in short phrases (80-85% of your maximum heart rate). Maintain the pace at this higher level for 6- 8 minutes. After 6-8 minutes slow down to your easy pace for 2 minutes. Repeat the 6-8 minutes very brisk followed by 2 minutes easy 3 more times. Cool down with 5-10 minutes at an easy pace.

Friday

Warm up for 5 minutes at an easy pace, building to a moderate level. Maintain your pace at this level for 30 minutes.

Saturday

Warm up for 5 minutes at an easy pace. For the next 5 minutes build the pace to a moderate level. Then increase the incline on the treadmill to a level where you feel like you are working to walk up a medium sized rise (not a mountain but not a speed hump either!). Maintain the moderate pace on the incline for 2 minutes. Bring the treadmill back down to being level and continue at the same pace for 2 minutes. Repeat 2 minutes on the incline followed by 2 minutes on the flat 6 times. Cool down with 5-10 minutes at an easy pace on the flat.

Walk through winter!