

50 Minute Treadmill Workout

Beginner Level

www.keepitmovingfitness.com

MINUTES	SPEED (MPH)	INCLINE
0-2	1.0	1%
2-5	JOG 3.5	1%
5-7	POWER WALK 2.0	1%
7-8	RUN 4.0	1%
8-11	POWER WALK 2.0	1%
11-13	JOG 3.5	1%
13-14	POWER WALK 2.0	1%
14-17	JOG 3.5	1%
17-19	POWER WALK 2.0	1%
19-20	RUN 4.0	1%
20-23	JOG 3.5	1%
23-25	POWER WALK 2.0	1%
25-26	RUN 4.0	1%
26-29	JOG 3.5	1%
29-31	POWER WALK 2.0	1%
31-32	RUN 4.0	1%
32-34	POWER WALK 2.0	1%
34-44	ALTERNATE BETWEEN JOG 1 MIN @ 4.0 & WALK 1 MIN @ 2.0	1%
44-50	COOL DOWN 2.0	1%