

FitActiveLiving.com

20 Minute Treadmill Workout To Lose Weight

Time	Speed Range (mph)	Incline Range	Effort Level (out of 10)
0:00-2:00	2.5-3.5 (walk)	1.0	2
2:00-4:00	2.5-3.5 (walk)	2.0	3
4:00-5:00	2.5-3.5 (walk)	3.0	4
5:00-7:00	4.5-6.5 (jog)	1.0	5
7:00-7:30	7.0+ (sprint)	0.0	9
7:30-8:00	2.5-3.5 (walk)	0.0	3
8:00-8:30	4.5-6.5 (jog)	0.0	5
8:30-9:00	7.0+ (sprint)	0.0	9
9:00-9:30	2.5-3.5 (walk)	0.0	3
9:30-10:00	4.5-6.5 (jog)	0.0	5
10:00-10:30	7.0+ (sprint)	0.0	9
10:30-11:00	2.5-3.5 (walk)	0.0	3
11:00-11:30	4.5-6.5 (jog)	0.0	5
11:30-12:00	7.0+ (sprint)	0.0	9
12:00-12:30	2.5-3.5 (walk)	1.0-2.0	3
12:30-15:00	4.5-6.5 (jog)	2.0	6
15:00-15:30	2.5-3.5 (walk)	2.0-3.0	4
15:30-17:00	4.5-6.5 (jog)	3.0	6
17:00-17:30	2.5-3.5 (walk)	0.0	3
17:30-18:00	4.5-6.5 (jog)	0.0	5
18:00-18:30	7.0+ (sprint)	0.0	9
18:30-20:00	2.5-3.5 (walk)	3.0	3