

Coach Mike's Personal Training, LLC

Reni Rodriguez

Treadmill Workout 2

Treadmill:

- 5 Minutes warm-up at a 2.5mph at 0% incline
- Increase the speed to 4.5mph (Or faster if you can) / 1% Incline – Sprint for 20 seconds
- At the end of the 20 seconds, jump on the side of the belt and rest for 10 seconds. (Grab the handrails!)
- At the end of the 10 seconds get back on (holding the handrails again) and sprint for 20 seconds. Repeat for a total of 10 times.
- Cool down with a 3 minute walk at 2.5mph at 0% incline

Stretch.

Warning: The first few sprints will seem too easy and you'll consider increasing the speed. Don't. Somewhere around sprint number 5 you'll curse yourself for ever thinking that.

To keep progressing, make one small improvement each time you do the workout. For example, increase the speed by 0.1 mph, the incline by 0.1%, or the number of sprints by 1. Improve in small increments each time and your body will continue to get leaner, stronger, and faster.

As discussed, if you feel dizzy or lightheaded back off the intensity or stop. If the feeling continues let your parents know.