



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Basic Treadmill Workout—1

Fit Pace—80% max, difficult to maintain

Flat Pace—70% max, able to maintain over a long period

5:00 warmup

5:01–9:00 Fit Pace

9:01–11:00 Walk

11:01–12:00 Flat Pace

12:01–16:00 Fit Pace

16:01–18:00 Walk

18:01–19:00 Flat Pace

19:01–23:00 Fit Pace

23:01–25:00 Walk

25:01–26:00 Flat Pace

26:01–30:00 Fit Pace

30:01–35:00 Cooldown