

# BEST INTERVAL TREADMILL WALKING WORKOUT

START HERE WITH 30 MINUTES TOTAL. BUT YOU CAN ALWAYS ADD MORE INTERVALS TO MAKE YOUR WORKING TIME LONGER IF YOU WANT TO

## 0-5 MINUTES

WARM UP. WORK UP TO A BRISK PACE

RPE 4

## 5-7 MINUTES

RPE 7

## 7-10 MINUTES

RPE 3

## 10-12 MINUTES

RPE 7

## 12-15 MINUTES

RPE 3

## 15-17 MINUTES

RPE 7

## 17-20 MINUTES

RPE 3

## 20-22 MINUTES

RPE 7

## 22-25 MINUTES

RPE 3

## 25-30 MINUTES

RPE 3

COOL DOWN. WALK AT A LEISURELY PACE

# Walking Workout Deal

**Lon H. Seiger,James L. Hesson**

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