

## 4 Week Treadmill Workout Plan

Week / Day	Workout	Requirements
<b>Week 1</b>		
Monday	HIIT	20 Minute Sprint: 1 Minute Sprint/1 Minute Resting Rate
Wednesday	LISS	30 Minutes at a Constant Rate
Friday	HIIT	30 Minute Sprint: 1 Minute Sprint/1 Minute Resting Rate
<b>Week 2</b>		
Tuesday	HIIT	20 Minute Sprint: 1 Minute Sprint/1 Minute Resting Rate
Thursday	LISS	35 Minutes at a Constant Rate
Saturday	Incline	10 Minutes at 4% Incline 7 Minutes at 6% Incline 3 Minutes at 8% Incline
<b>Week 3</b>		
Monday	HIIT	20 Minute Sprint: 1 Minute Sprint/1 Minute Resting Rate
Wednesday	Incline	30 Minutes at 6% Incline
Sunday	LISS	40 Minutes at a Constant Rate
<b>Week 4</b>		
Tuesday	HIIT	20 Minute Sprint: 45 Second Sprint/45 Second Resting Rate
Thursday	Incline	15 Minutes at 4% Incline 10 Minutes at 6% Incline 5 Minutes at 8% Incline
Saturday	LISS	45 Minutes at a Constant Rate

For help with HIIT and LISS follow the links below:

HIIT: <https://www.exercise.co.uk/learn/the-definition-what-hiit-is-and-what-makes-it-effective/>

LISS: <https://www.exercise.co.uk/learn/liss-training/>

Article: <https://www.exercise.co.uk/learn/20min-hiit-treadmill-workout/>