

TREADMILL WORKOUT ROUTINE WITH SPEED

Sep 6, 2011 | By [Kevin Rail](#)



Photo Credit

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Treadmills let you burn calories and tone your lower body muscles without having to step a foot outside. One of the popular features on a treadmill is the speed adjustment. This gives you a range to move from a slow walking pace all the way up to an all-out effort. A good routine has elements of both in it. Working out at a faster pace not only boosts your caloric expenditure, but it also increases your aerobic capacity.

STRETCHING BEFORE TRAINING

Doing a workout with speed on the treadmill requires forceful effort. If you try to do this type of training with cold, tight muscles and connective tissue, you run the risk of getting injured. You are best served spending a few minutes doing dynamic stretches, performed in motion. These stretches make your body physically ready for the demands of movement patterns. Perform stretches like leg swings, ankle bounces, high knees, alternating toe touches, lateral lunges and arm circles.

SLOW WARMUP

A good warmup further loosens up your connective tissue, slowly raises your core body temperature and supplies your muscles with oxygenated blood. Start out at a walking pace and gradually increase your speed over five minutes. By the five-minute mark, you should be jogging lightly and breaking a sweat.

SPRINT INTERVALS

Sprinting is a high intensity exercise method that benefits your body in several ways. Not only do you burn a high number of calories, but you also boost your metabolism and forcefully work your muscles. Immediately after finishing your warmup, increase the speed on the treadmill to a point where you are running as fast as you possibly can. After 20 seconds, place your hands on the handrails, lift your body up and place your feet on the sides of the belt. Rest for 40 seconds, place your hands on the handrails and lift yourself back up. Carefully go back into another sprint for 20 seconds and continue to alternate back and forth for the rest of your workout.

TIME FRAME OF YOUR WORKOUT

Sprinting is very intense. The higher the intensity with exercise, the less time you need to do it. Perform 20 minutes of sprinting and finish with a light five-minute cool-down. Do your cooldown in similar fashion

to your warmup, except in the opposite order. Slowly reduce your pace from a moderate jog to a slow walk.

DAYS OF THE WEEK

Being that you tax your muscles with so much force during sprinting, it is best to take at least one day off between training sessions to recover. Working out three days a week is sufficient for positive results. On your off days, feel free to perform light workouts for a longer duration.

TRAINING TIPS

If you do not have the lung capacity to sprint 20 seconds when first starting off, shorten your time. As a rule of thumb, rest twice as long as you sprint. For example, if you sprint for 15 seconds, rest for 30. You also have the option of eliminating the rest break completely. Instead of stopping, reduce the speed on the treadmill and jog lightly for your recovery phase.

REFERENCES

- [American Council on Exercise; Is it Better to Stretch Before or After My Workout?; Jessica Mathews MS, E-RYT](#)
- [ShapeFit: Sprinting, Sprinters and Speed Training](#)

Read more: <http://www.livestrong.com/article/537062-treadmill-workout-routine-with-speed/#ixzz2KE1OkldI>