

20 Minute Intermediate-Treadmill Cardio Workout

Description: This cardio workout is designed to build proper walk/jog/run technique while improving cardiovascular endurance, stamina, and heart health!

Club Area: Cardio Area

Equipment Needed: Treadmill

Judgement Free Tip: Patterning your steps after a specific cadence can help you manage your rate of breath and allow you to go a little further on your run. Try playing a nice steady song through your headphones and matching the rhythm with your stride!



Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

Warm-up/30 sec each

1. Arm Circles
2. Hip Openers
3. Standing Hamstring Stretch
4. Jog in Place

Main Workout

Based on your rate of perceived exertion (RPE). This scale ranges from 1-10, with 1 = very light and 10 = max effort. Keep in mind, everyone's RPE is different. So, gage your intensity off of how you are feeling.

Walk/Jog/Run Intervals

- 3 Minutes - Walking with RPE 4
- 1 Minute - Speed walk with RPE 5
- 1 Minute - Recovery walk with RPE 3
 - Repeat 1x
- 1 Minute - Light jog with RPE 6
- 2 minute - Recovery walk with RPE 3
 - Repeat 1x
- 30 Seconds - Light run with RPE 7
- 1 Minute - Recover walk with RPE 3
 - Repeat 1x

Cool-down/30 sec each

1. Hip Flexor Stretch
2. Pigeon Stretch
3. Seated Hamstring Stretch
4. Cobra Stretch

