

# THE MINDFUL TREADMILL CHALLENGE

Mother Nature might have put walking outdoors on hold for a bit, but that doesn't mean you have to give up your walking routine until the weather warms. Instead, jump on that treadmill and follow this 30-day walking plan designed by Lisa Kinder, fitness trainer in Los Angeles and creator of the *10 Minute Solution: High Intensity Interval Training* DVD. Worried about getting bored? Not with this program. You'll mix it up with a different walk every day—burning calories, building muscle and getting fitter in just one month. So lace up those shoes and get your walk on!

Fat-Burning Walk		
Time	Speed	Incline
4 min	3.0 mph	0%
1 min	4.5 mph	2%
3 min	3.0 mph	3%
1 min	4.5 mph	5%
3 min	3.0 mph	5%
1 min	4.0 mph	6%
3 min	3.0 mph	7%
1 min	4.0 mph	7%
3 min	3.0 mph	6%
1 min	4.0 mph	5%
3 min	3.0 mph	5%
1 min	4.5 mph	3%

Interval Walk		
Time	Speed	Incline
3 min	Easy walk	0%
1 min	3.0 mph	0%
1 min	3.2 mph	0%
1 min	3.4 mph	0%
1 min	3.6 mph	0%
1 min	3.8 mph	0%
1 min	4.0 mph	0%
3 min	Easy pace	0%
2 min	3.2 mph	1%
1 min	3.2 mph	2%
1 min	3.4 mph	2%
2 min	3.4 mph	3%
3 min	Easy pace	0%
2 min	3.0 mph	6%
1 min	3.0 mph	7%
1 min	3.2 mph	7%
2 min	3.2 mph	8%

# YOUR 30-DAY WALKING PLAN

*Spent five minutes warming up and cooling down before and after each walk.*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>Walk for 1 mile</b></p> <p>Keep an eye on your pace and time during this walk, and log it. By the end of this plan, you'll be walking your fastest mile.</p>	<p><b>Easy walk for 30 minutes</b></p> <p>Use your Fitbit or the treadmill dashboard to track your distance.</p>	<p><b>Day off from walking</b></p> <p>Do light stretching for 30 minutes; then hold a plank for 30 seconds, three times.</p>	<p><b>Hill walk for 30 minutes</b></p> <p>Start at your pace from Day 1; then alternate between three minutes with no incline and three minutes with a 1% to 5% incline until you hit 30 minutes.</p>	<p><b>Day off from walking</b></p> <p>Do light stretching for 30 minutes.</p>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<p><b>Fat-burning walk for 35 minutes</b></p> <p>See box below.</p>	<p><b>Interval walk for 30 minutes</b></p> <p>See box below.</p>	<p><b>Walk for 2 miles</b></p> <p>Keep an eye on your pace during the first mile of this walk and log it for use on Day 11.</p>	<p><b>Easy walk for 40 minutes</b></p>	<p><b>Day off from walking</b></p> <p>Do light stretching for 30 minutes; then hold a plank for 30 seconds, three times.</p>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<p><b>Hill walk for 40 minutes</b></p> <p>Start at your pace from Day 8; then alternate between four minutes with no incline and four minutes with a 3% to 8% incline until you complete 40 minutes.</p>	<p><b>Day off from walking</b></p> <p>Do light stretching for 30 minutes.</p>	<p><b>Fat-burning walk for 35 minutes</b></p>	<p><b>Interval walk for 30 minutes</b></p>	<p><b>Walk for 3 miles</b></p> <p>Calculate your pace during the first mile and log it to use on Day 18.</p>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<p><b>Easy walk for 50 minutes</b></p>	<p><b>Day off from walking</b></p> <p>Do light stretching for 30 minutes; hold a plank for 45 seconds, three times.</p>	<p><b>Hill walk for 50 minutes</b></p> <p>For the first mile, walk at your pace from Day 15; then alternate between five minutes with no incline and five minutes with a 4% to 8% incline until you hit 50 minutes.</p>	<p><b>Day off from walking</b></p> <p>Do light stretching for 30 minutes.</p>	<p><b>Fat-burning walk for 35 minutes</b></p>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<p><b>Interval walk for 30 minutes</b></p>	<p><b>Walk for 4 miles</b></p> <p>Keep an eye on your pace during the first mile of this walk and log it for use on Day 25.</p>	<p><b>Easy walk for 60 minutes</b></p> <p>Use your Fitbit or the treadmill dashboard to track your distance.</p>	<p><b>Day off from walking</b></p> <p>Do light stretching for 30 minutes; hold a plank for 60 seconds, three times.</p>	<p><b>Hill walk for 60 minutes</b></p> <p>Start at your pace from Day 22 for the first mile; then alternate between six minutes with no incline and six minutes with a 5% to 10% incline until you complete 60 minutes.</p>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<p><b>Day off from walking</b></p> <p>Do light stretching for 30 minutes.</p>	<p><b>Fat-burning walk for 35 minutes</b></p>	<p><b>Interval walk for 30 minutes</b></p>	<p><b>Walk for 5 miles</b></p> <p>Track the pace of your first mile, which should be your fastest of the month.</p>	<p><b>Easy walk for 60 minutes</b></p> <p>Use your Fitbit or the treadmill dashboard to track your distance and see just how much progress you've made.</p>