



THE MINDFUL TREADMILL CHALLENGE

Weather won't get in the way of your wellness goals this winter!
Walk off the weight with our fun and effective indoor plan.

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!

YOUR 30-DAY WALKING PLAN

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

DAY 1 Walk for 1 mile 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.	DAY 2 Easy walk for 30 minutes Use your Fitbit or the treadmill dashboard to track your distance.	DAY 3 Day off from walking Do light stretching for 30 minutes; then hold a plank for 30 seconds, three times.	DAY 4 Hill walk for 30 minutes 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.	DAY 5 Day off from walking Do light stretching for 30 minutes.
DAY 6 Fat-burning walk for 35 minutes See box below.	DAY 7 Interval walk for 30 minutes See box below.	DAY 8 Walk for 2 miles Keep an eye on your pace during the first mile of this walk and log it for use on Day 11.	DAY 9 Easy walk for 40 minutes	DAY 10 Day off from walking Do light stretching for 30 minutes; then hold a plank for 30 seconds, three times.
DAY 11 Hill walk for 40 minutes 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.	DAY 12 Day off from walking Do light stretching for 30 minutes.	DAY 13 Fat-burning walk for 35 minutes	DAY 14 Interval walk for 30 minutes	DAY 15 Walk for 3 miles Calculate your pace during the first mile and log it to use on Day 18.
DAY 16 Easy walk for 50 minutes	DAY 17 Day off from walking Do light stretching for 30 minutes; hold a plank for 45 seconds, three times.	DAY 18 Hill walk for 50 minutes 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.	DAY 19 Day off from walking Do light stretching for 30 minutes.	DAY 20 Fat-burning walk for 35 minutes
DAY 21 Interval walk for 30 minutes	DAY 22 Walk for 4 miles Keep an eye on your pace during the first mile of this walk and log it for use on Day 25.	DAY 23 Easy walk for 60 minutes Use your Fitbit or the treadmill dashboard to track your distance.	DAY 24 Day off from walking Do light stretching for 30 minutes; hold a plank for 60 seconds, three times.	DAY 25 Hill walk for 60 minutes 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.
DAY 26 Day off from walking Do light stretching for 30 minutes.	DAY 27 Fat-burning walk for 35 minutes	DAY 28 Interval walk for 30 minutes	DAY 29 Walk for 5 miles Track the pace of your first mile, which should be your fastest of the month.	DAY 30 Easy walk for 60 minutes Use your Fitbit or the treadmill dashboard to track your distance and see just how much progress you've made.

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%
4 min	3.0 mph	2%

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%
3 min	Easy walk	0%