

# Burn 2,000 Calories on the T readmill

7 day T readmill plan

Jennifer Wenning BS , CPT , CSN , CGFI  
Mauldin Sports Center Fitness/Wellness Director  
[jwenning@mauldinrecreation.com](mailto:jwenning@mauldinrecreation.com)

*\*remember, resistance and flexibility training along with cardiovascular exercise and healthy eating is necessary for a healthy lifestyle.*

## Monday

- Warm up 3-6minutes : Walk easily then briskly, gradually add speed
- Power walk: 35 minutes: arms pumping, quick stride to increase your breathing pattern (slightly out of your comfort zone). Work your way to breathing heavy(ex. you can talk in broken sentences)
- Your elevation should start out flat through beginning of workout. If you have no injuries you can increase elevation up to 4 during workout.
- Gradually decrease speed(and level if using an incline) and walk easily for about 5-10 minutes or until you are breathing easier

T otal: 45- 50 minutes

## Tuesday

- Warm up: Walk easily, then briskly: 3 minutes
- Power walk: 2 minutes
- Run fast (but don't sprint): 2 minutes
- Repeat S teps 2&3: 10 times
- Cool down: Walk easily: 2 minutes

T otal: 45 minutes

## Wednesday

- Warm Up: Walk easily: 5 minutes
- Do your favorite strength-training move: 12 reps
- Power walk at 4% to 6% incline: 3 minutes
- Repeat Steps 1 & 2: 6 times
- Cool down: Walk easily: 5 minutes

Total: 40 minutes

## Thursday

- Warm Up: Walk easily, then briskly: 3 minutes
- Power walk: 2 minutes
- Run fast (but don't sprint): 2 minutes
- Repeat Steps 1 & 2: 6 times
- Cool down: Walk easily: 3 minutes

Total: 30 minutes

## Friday

- Repeat Monday's routine

## Saturday

- Warm Up: Walk easily, then briskly: 5 minutes
- Power walk: 2 minutes
- Run fast (but don't sprint): 4 minutes
- Repeat Steps 1 & 2: 6 times
- Cool Down: Walk easily: 4 minutes

Total: 45 minutes

## Sunday

- Rest

