

# Treadmill Workout Routine for Experienced People

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Check out full URL: <https://thefitnessphantom.com/treadmill-running-plan-with-pdf>

I've also prepared low, moderate, and high speed treadmill routines for those who have been using the Treadmill for a while and want a well-organized running plan.

- **Mon/Tue:** 40-minute Low-Intensity Run
- **Wed/Thu:** 30-minute Moderate-Intensity Run
- **Fri/Sat:** 15-Minute Sprint Treadmill Workout

## 45-Minute Low-Impact Treadmill Running to Build Endurance

Activity	Duration	Speed
Walk	2-minute	4-5 KM/H
Jog	2-minute	6-7 KM/H
Run	30-minute	8-10 KM/H
Walk	2-minute	4-5 KM/H
Run	15-minute	8-10 KM/H

- Begin your session with a 2-minute walk, followed by 2 minutes of jogging. This will increase your body temperature and prepare you for a longer run.
- Run for 30 minutes at a slightly faster speed than jogging.
- Walk for two minutes to return your heart rate to the normal range.
- End your workout with 15 minutes of running at the same pace you did while running for half an hour.

This 45-minute treadmill workout will cover 7-8 kilometers and kindle roughly 600 calories.

### 30-Minute Moderate Intensity Treadmill Cardio Run

Activity	Duration	Speed
Jog	2-minute	6-8 KM/H
Run	7-minute	10-12 KM/H
Walk	2-minute	4-5 KM/H
Run	6-minute	10-12 KM/H
Walk	2-minute	4-5 KM/H
Run	5-minute	10-12 KM/H
Walk	2-minute	4-5 KM/H
Run	4-minute	10-12 KM/H

This 30-minute moderate-intensity treadmill run starts with 2 minutes of jogging, followed by four rounds of running (7, 6, 5, and 4 minutes) with three rounds of 2 minutes of walking between them.

With this workout, you can run and walk around 5 kilometers and kindle as many as 400 calories.

It will improve your endurance and prepare you for a high-intensity interval running program.

## 15-Minute Sprint Treadmill Workout

- **First Set:** Walk or jog for 90 seconds, then run for 30 seconds at your maximum heart rate. Repeat four times. (8 minutes)
- **Second Set:** Run for 15 seconds at a faster pace, then walk for 90 seconds to cool down your heart rate. Repeat four times. (7 minutes).

This 15-minute sprint treadmill workout will instantly torch about 250 calories and continue to release them even after hours of running.

You can decrease sprinting time if it feels hard.

## Quick Q&A about Treadmill Running

1. **Who Can Do It?** The treadmill routines outlined in this blog are only for healthy people, not weak-hearted and injury-prone

people. If you have any doubts about running on a treadmill, I suggest consulting with a personal trainer or doctor.

2. **When Should You Do It?** Morning is the best time for running on the treadmill. But you can do it whenever you feel good about it.
3. **How Often Should You Do It?** You can run on the treadmill three times weekly: low intensity on Monday, moderate intensity on Wednesday, and high intensity on Friday/Saturday.
4. **Can You Run on an Empty Stomach?** Yes, you can. I did it several times. However, it is more about how you personally feel. Having dates, chocolates, or energy bars 30 minutes before running can help you do better. (Explore people's opinions about [running on an empty stomach on Reddit](#))
5. **Does Treadmill Running Help Loes Weight?** Running has various advantages, including lowering body fat and maintaining weight. However, what matters the most at the end of the day is your calorie intake. [Consuming fewer calories than your body needs](#) will help you lose weight over time, whether you run 5k or 10k. (Source: [Healthline](#))
6. **Does Running Build Muscle?** Running longer on the Treadmill doesn't grow muscle mass in your legs (Source: [PubMed Central](#)). If you want to grow your legs, you should combine [resistance training](#) with running.