

Treadmill Running Plan for Beginners

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

I've created three treadmill workouts according to the intensity level.

I recommend doing them on the following days:

- **Mon/Tue:** 30-minute Low-Impact Run
- **Wed/Thu:** 20-minute Moderate Treadmill Run
- **Fri/Sat:** 10-minute Treadmill HIIT

30-Minute Low-Impact Run to Build Endurance

Activity	Duration	Speed
Walk	2-minute	4-5 KM/H
Jog	10-minute	6-7 KM/H
Walk	2-minute	4-5 KM/H
Run	10-minute	8-9 KM/H
Walk	2-minute	4-5 KM/H
Run	4-minute	9-10 KM/H

- Walk for 2 minutes at a slow pace. It will warm your body and prepare your muscles for a more intense run. (4-5 KM/H)
- Jog for 10 minutes at a moderate pace. (6-7 KM/H)

- Walk for another two minutes to return your heart rate to normal. (4-5 KM/H)
- Run for 10 minutes at 8-9 KM/H.
- Walk for another two minutes to lower your body temperature. (4-6 KM/H)
- Run for 3-4 minutes at 9-10 KM/H.

This method allows you to walk, jog, and run (combined) 3 to 4 km in 30 minutes and burns roughly 300 calories.

20-Minute Low to Moderate Intensity Treadmill Running

Activity	Duration	Speed
Walk	1-minute	4-5 KM/H
Jog	2-minute	6-8 KM/H
Run	10-minute	8-10 KM/H
Walk	2-minute	4-5 KM/H
Run	5-minute	10-12 KM/H

- Start your treadmill workout with a 2-minute walk at your usual pace.
- Increase the intensity and jog at a moderate pace, typically at 6-8 kilometers per hour speed.
- Now, run for 10 minutes continuously at 8-10 KM/H speed.
- Walk for 2 minutes. It will return your heart rate to normal and prepare you for the second and last round of running.
- Run for 3 minutes at a slightly faster speed than you did in the first round.

This 20-minute treadmill workout will cover between 2.5 to 3 kilometers and annihilate about 250 calories.

10-Minute Treadmill HIIT Workout

The high-intensity interval treadmill workout involves running at a fast speed for 15 to 60 seconds, followed by walking at a standard pace for 60 seconds to 2 minutes.

The treadmill HIIT will help you enhance your speed and agility and improve your athletic fitness.

- Walk or jog for 90 seconds before running faster.
- Run for 30 seconds at 80–90% of your maximum heart rate (MHR), followed by a 90-second slow walk. Then repeat four more times to complete 10 minutes.

This 10-minute HIIT treadmill workout will instantly torch about 120 calories and will keep shedding even after minutes of running.

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.