

## **Beginner Treadmill Workouts**

*Thanks to my friend & colleague, Rob Taylor (@SMARTERTeam) for inspiring these workouts.*

You can do these workouts twice per week.

When you are able to complete a workout in good form, progress to next level.

Rest = straddling the moving treadmill belt (speed never changes).

**WARNING: be very careful getting on and off the treadmill in between sprints!**

### **Beginner, Day 1**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	5.5	0.0	2:00	:20
2	6.0	0.0	2:00	:20
3	6.5	0.0	2:00	:20
4	7.0	0.0	2:00	:20
5	7.5	0.0	2:00	:20
6	8.0	0.0	2:00	

### **Beginner, Day 2**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	5.5	0.0	2:00	:20
2	6.0	0.0	2:00	:20
3	6.5	0.0	2:00	:20
4	7.0	4.0	1:30	:30
5	7.5	4.0	1:30	:30
6	8.0	4.0	1:30	

### **Beginner, Day 3**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	5.5	0.0	2:00	:20
2	6.0	0.0	2:00	:20
3	6.5	0.0	2:00	:20
4	7.0	4.0	1:40	:25
5	7.5	4.0	1:40	:25
6	8.0	4.0	1:40	

### **Beginner, Day 4**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	6.0	0.0	2:00	:20
2	6.5	0.0	2:00	:20
3	7.0	0.0	2:00	:20
4	7.5	4.0	1:50	:20
5	8.0	4.0	1:50	:20
6	8.5	4.0	1:50	

### **Beginner, Day 5**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	6.0	0.0	2:00	:20
2	6.5	0.0	2:00	:20
3	7.0	4.0	1:30	:30
4	7.5	4.0	1:30	:30
5	8.0	8.0	1:00	:40
6	8.5	8.0	1:00	

### **Basketball Specific Strength & Conditioning Resources:**

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## Intermediate Treadmill Workouts

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### Intermediate, Day 6

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	6.0	0.0	2:00	:20
2	6.5	0.0	2:00	:20
3	7.0	4.0	1:40	:20
4	7.5	4.0	1:40	:20
5	8.0	8.0	1:10	:30
6	8.5	8.0	1:10	

### Intermediate, Day 7

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	6.5	0.0	2:00	:20
2	7.0	0.0	2:00	:20
3	7.5	4.0	1:50	:20
4	8.0	4.0	1:50	:20
5	8.5	8.0	1:20	:30
6	9.0	8.0	1:20	

### Intermediate, Day 8

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	6.5	0.0	2:00	:20
2	7.0	4.0	1:30	:30
3	7.5	4.0	1:30	:30
4	8.0	8.0	1:00	:40
5	8.5	8.0	1:00	:40
6	9.0	10.0	:45	

### Intermediate, Day 9

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	6.5	0.0	2:00	:20
2	7.0	4.0	1:40	:30
3	7.5	4.0	1:40	:30
4	8.0	8.0	1:10	:50
5	8.5	8.0	1:10	:50
6	9.0	10.0	:50	

### Intermediate, Day 10

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	7.0	0.0	2:00	:20
2	7.5	4.0	1:50	:40
3	8.0	4.0	1:50	:40
4	8.5	8.0	1:20	:50
5	9.0	8.0	1:20	:50
6	9.5	10.0	1:00	

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## **Advanced Treadmill Workouts**

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### **Advanced, Day 11**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	7.0	0.0	2:00	:15
2	7.5	4.0	1:30	:30
3	8.0	8.0	1:00	:45
4	8.5	8.0	1:00	:45
5	9.0	10.0	:40	:45
6	9.5	10.0	:40	

### **Advanced, Day 12**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	7.0	0.0	2:00	:20
2	7.5	4.0	1:40	:30
3	8.0	8.0	1:10	:40
4	8.5	8.0	1:10	:40
5	9.0	10.0	:50	:40
6	9.5	10.0	:50	

### **Advanced, Day 13**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	7.0	0.0	2:00	:20
2	7.5	4.0	1:50	:40
3	8.0	8.0	1:20	:50
4	8.5	8.0	1:20	:50
5	9.0	10.0	1:00	:50
6	9.5	10.0	1:00	

### **Advanced, Day 14**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	7.0	0.0	2:00	:30
2	7.5	4.0	1:30	:40
3	8.0	8.0	1:00	:50
4	8.5	8.0	1:00	:50
5	9.0	10.0	:40	:50
6	9.5	10.0	:40	:50
7	10.0	12.0	:20	

### **Advanced, Day 15**

<u>Set</u>	<u>MPH</u>	<u>Incline</u>	<u>Run</u>	<u>Rest</u>
1	7.0	0.0	2:00	:30
2	7.5	4.0	1:40	:40
3	8.0	8.0	1:10	:50
4	8.5	8.0	1:10	:50
5	9.0	10.0	:50	:50
6	9.5	10.0	:50	:50
7	10.0	12.0	:30	

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