

# W.O.W.

## Workout of the Week

### 30 MINUTE ADVENTURE RACE

If you are looking for a creative new twist on a treadmill workout this one is for you. You will burn calories on and off the treadmill!

**Time:** 30 minutes

**Equipment:** Treadmill *(For your safety, we recommend using the treadmill's safety key.)*



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Level	Adjustments
Beginner	Use low end speed
Intermediate	Use speed in between
Advanced	Use high end speed

Time (minutes)	Incline (%)	Speed (mph)	Activity
0:00-5:00	1-9	3.5-4.5	Warm-up by walking at 1% incline, increasing the incline 2% every minute.
5:00-6:00	9	2.5-3.5	Side shuffle for 30 seconds one side and 30 seconds on the other.
6:00-11:00	9-1	5.5-6.5	Jog starting at 9 incline, lowering the incline 2% every minute.
11:00-17:00	1	4.5-8.5	Alternate between a one-minute sprint and a one-minute easy run/walk for three sets.
17:00-17:30	6	2.5-6.5	Keep the intensity at a steady run/walk as you adjust the incline.
17:30-18:00	0	2.5-6.5	Keep the intensity at a steady run/walk as you adjust the incline.
18:00-18:30	8	2.5-6.5	Keep the intensity at a steady run/walk as you adjust the incline.
18:30-19:00	0	2.5-6.5	Keep the intensity at a steady run/walk as you adjust the incline.
19:00-19:30	10	2.5-6.5	Keep the intensity at a steady run/walk as you adjust the incline.
19:30-22:00	0	2.5-6.5	Keep the intensity at a steady run/walk as you adjust the incline.
22:00-28:00	1	4.5-8.5	Alternate between a one-minute sprint and a one-minute easy run/walk for three sets.
28:00-30:00	3	3.5-4.0	Brisk walk.
30:00-35:00	1	3.0-3.5	Easy walk/Cool-down.

*See a Personal Trainer for more detailed instructions or a demonstration.*



### Wisconsin Athletic Club

Always consult your physician before starting any exercise program.  
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