

A row of treadmills in a gym, viewed from a low angle. The treadmills are silver and black, with digital displays on the front. The background shows a gym ceiling with recessed lighting and other equipment. A semi-transparent dark blue rectangle is overlaid on the center of the image, containing white text.

Treadmill Sprint Interval Workout That Doesn't Suck

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Treadmill Sprint Interval Workout That Doesn't Suck

Welcome to the latest edition of 'workout Wednesday' when each week I share a new running or strength training for runners workout.

This week we are taking our workout on the treadmill. I posted this picture on social media last week and the poor treadmill came in the last place.



I get it. The treadmill can suck. No one wants to feel like a hamster on a wheel. It can feel boring and repetitive to a lot of people. I admit that the treadmill comes in the last place in my preferences too, but the treadmill has a lot of advantages. It provides a safe place to run early in the morning and late at night. When mother nature lets us down, the trusty treadmill keeps us dry in the rain, cool in the heat and warm in the cold. One of the biggest advantages of a treadmill is that it allows us to easily control both pace and time which makes it an ideal platform for speed training.

Treadmill Sprint Interval Workout That Doesn't Suck

In order to make your treadmills not suck, my advice to make them short, challenging and vary speeds with interval training. I joke that I can run 13 miles on the street, but 13 minutes at a steady-state pace on the treadmill would drive me crazy. I'll save the long runs for the roads and use the treadmill to work on speed.



Treadmill

SPRINT INTERVAL WORKOUT

that doesn't suck

	WARM UP
30	30 SECONDS NEAR-MAX EFFORT
	2 MINUTES RECOVERY JOG
45	45 SECONDS NEAR-MAX EFFORT
	2 MINUTES RECOVERY JOG
60	60 SECONDS NEAR-MAX EFFORT
	2 MINUTES RECOVERY JOG
45	45 SECONDS NEAR-MAX EFFORT
	2 MINUTES RECOVERY JOG
30	30 SECONDS NEAR-MAX EFFORT
	COOL DOWN

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TREADMILL SPRINT INTERVALS THAT DON'T SUCK

A few weeks ago I shared an intensity pyramid running workout, which varied intensity. This workout is short, but your speed intervals are all at near max effort at varying time intervals.

After a proper warm up, jog on the treadmill for about three minutes before you start your first speed interval.

30 seconds at a near-max effort. Using the talk-test and the RPE chart as a guide, you should not be able to speak more than a word at a time when working at this effort. It's challenging but short, so hang in there.

Recover for two minutes with a slow jog

45 seconds at a near-max effort

Recover for two minutes with a slow jog

60 seconds at a near-max effort

Recover for two minutes with a slow jog

45 seconds at near max effort

Recover for two minutes with a slow jog

30 seconds at a near-max effort

Treadmill Sprint Interval Workout That Doesn't Suck

- Cool down with a slow jog or walk for as long as it takes for your breath to fully recover

There's a reason I don't assign specific paces when sharing workouts on the internet. There's no way to tell what a 'max-effort' is for people at different fitness levels. One runner's max effort may be a nine-minute mile and that same pace may be a recovery effort for another runner. The most important factor is that you are working to your own fitness level. Your near max effort is yours. Only you know (or can figure out) what that is for you. It may take some experimenting, but the talk-test is a helpful guide in determining your effort level.

Give this workout a try and let me know how it goes.

I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in the Fort Worth Shredshed, online run coaching and nutrition coaching. If you are interested in a more in-depth running or strength training plan, please contact me. Have questions? I'd love to help.

While I am a certified personal trainer, I am not your personal trainer. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.

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