

# INCLINE WALKING TREADMILL WORKOUT

DESIGNED FOR COMPLETE BEGINNERS



MINUTE	SPEED (MPH)	INCLINE	EFFORT
0-3	2.5	1%	Warm Up
4-5	3	4%	Ease into the climb
5-6	3.5	5%	Start to push
6-7	4	5%	Ramp it up
7-8	4	6%	Push hard
8-9	4	7%	Hang in there
9-10	4.5	8%	Tough it out
10-11	3.5	5%	Ease off
11-12	4	7%	Climb again
12-13	4.5	8%	One final push
13-14	4	6%	Nearly over
14-15	3	1%	Cool down

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# Walking Workout Best Returns

**Erin Palinski-Wade**



## **Walking Workout Best Returns:**

**Born To Walk** Mark Sisson, Brad Kearns, 2015-01-21 The romanticized notion that humans are born to run has buoyed the so called running boom of the past 50 years well intentioned fitness enthusiasts lacing up their cushioned shoes and plodding down roads and trails in pursuit of the runner's high a trim physique and the fountain of youth Unfortunately born to run is a big fat ruse a marketing gimmick and a gross misappropriation of evolutionary biology insights about our Homo sapiens genetic attributes for endurance While any movement away from a sedentary dominant lifestyle is laudable the truth is that humans are actually born to walk not run Mark Sisson New York Times bestselling author forefather of the ancestral health movement entrepreneur founder of Primal Kitchen and Peluva footwear and former 2 18 marathon runner is officially proclaiming an end to the running boom For the vast majority of enthusiasts running even slow paced jogging is far too physically metabolically and hormonally stressful to promote health weight loss or longevity Alas the elevated heavily cushioned modern running shoe enables ill adapted people to run with poor technique increased impact trauma and a truly embarrassing rate of chronic overuse injuries Born To Walk will help reshape fitness culture to reject flawed and dated no pain no gain ideals and replace them with a simple accessible sustainable program to increase general everyday movement improve aerobic conditioning the right way avoid the risks of injury and burnout associated with running and promote a healthy happy energetic long life one step at a time In Born To Walk you'll learn How the endurance runner hypothesis of evolutionary biology is irrelevant to most modern citizens whose genetic endurance gifts are buried under excess body fat insufficient daily activity weak musculature and dysfunctional feet caused by a lifetime in shoes How the running boom was made possible by the invention of the heavily cushioned shoe

**Walking the Weight Off For Dummies** Erin Palinski-Wade, 2015-04-27 Get up get moving and walk away the pounds If you're looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you'll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you'll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you've always wanted to incorporate walking into

your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how

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