

One Month Treadmill Plan: January

Week 1

1 *The Slow Walk*

2 *The Need for Speed*

3 *The Slow Walk*

4 *Recovery*

5 *The Climb*

6 *The Slow Walk*

7 *Recovery*

Week 2

8 *The Slow Walk*

9 *The Need for Speed*

10 *The Climb*

11 *Recovery*

12 *The Need for Speed*

13 *The Slow Walk*

14 *Recovery*

Week 3

15 *The Slow Walk*

16 *The Climb*

17 *The Need for Speed*

18 *The Slow Walk*

19 *Recovery*

20 *The Climb*

21 *Recovery*

Week 4

22 *The Slow Walk*

23 *The Need for Speed*

24 *The Climb*

25 *The Slow Walk*

26 *Recovery*

27 *The Climb*

28 *The Need for Speed*

Week 5

29 *The Slow Walk*

30 *Recovery*

31 *The Slow Walk*

Workouts

The Slow Walk:

Walk at your baseline for 15 minutes (if you're more advanced, jog at your base pace).

The Need for Speed:

Warmup for 3 minutes at base pace. Then alternate between 1 minute at sprint speed, 1 minute at base pace for 15 minutes.

The Climb:

Warmup for 3 minutes at base pace. Then alternate between 1 minute at your "climb level" and 1 minute at base elevation for 15 minutes.

Recovery:

It's your day off! Stay active by stretching, foam rolling or doing yoga

Get more exercise plans on [nbcnews.com/better!](https://www.nbcnews.com/better/)

 **BETTER**