

Treadmill workout plan

8-week progression · Walking, intervals and incline · for every AsVIVA treadmill

This plan takes you from brisk walking to continuous running in eight weeks – without sudden jumps that overexert your body. Three sessions per week are enough for this. All speed and incline specifications refer to the values that your AsVIVA treadmill is actually capable of; you will find the overview on page 2.

YOUR TRAINING WEEK

DAY	FOCUS	SESSION	DURATION
Mon	Foundations	Session 1 – easy steady pace	30 min
Tue	Recovery	Stretching & Mobility	15 min
Wed	Intervals	Session 2 – pace changes	25 min
Thu	Recovery	Easy walk	–
Fri	Incline	Session 3 – Incline Walking	30 min
Sat	Active	free – bike, swim, walk	–
Sun	Rest day	Recover & refuel	–

BEFORE AND AFTER EVERY SESSION

WARM-UP · 5 MIN • Walk at 3–4 km/h, no incline • Arm circles, loosen hips • increase to your starting pace during the last minute	COOL-DOWN · 5 MIN • Gradually reduce speed • Stretch calves, thighs, and hip flexors • breathe calmly until your pulse drops
--	---

8 weeks
BUILD-UP

Increase by **at most 10 %** per week – either the duration or the pace, never both at once. If you don't feel confident in week 3 yet, simply repeat it. The plan isn't going anywhere.

SESSION 1 · STEADY ENDURANCE PACE

BASE · YOU CAN TALK WHILE DOING THIS

5 min	Warm-up, 3–4 km/h
20 min	steady 5–6.5 km/h – weeks 5 to 8: 6–7.5 km/h
5 min	Cool-down

SESSION 2 · PACE CHANGES

ENDURANCE & CALORIE BURN

5 min	Warm-up
6 × 1 min	brisk – 1–2 km/h above your continuous pace
in between	walk comfortably for 2 min at 4–5 km/h
5 min	Cool-down

SESSION 3 · INCLINE WALKING

GLUTES & HAMSTRINGS · LOW-IMPACT

5 min	Warm-up, no incline
20 min	4–5 km/h at 6–12 % incline – do not hold onto the handles
5 min	Incline to 0, cool down at a comfortable pace

WHAT YOUR EQUIPMENT CAN DO

MODEL	SPEED	INCLINE	SUITABLE FOR
Walking Pad T25	0.5 – 6 km/h	0 – 5 %	Session 1 and 3
2in1 Walk & Run T21	1 – 12 km/h	–	Units 1 and 2
Smart Run T16	1 – 18 km/h	0 – 18 %	all three
Smart T18 Pro	1 – 18 km/h	0 – 15 %	all three
T20 Cardio Pro Runner	1 – 18 km/h	0 – 20 %	all three
Studio Pro T22	1 – 20 km/h	0 – 21 %	all three
T23 Pro Climb	1 – 18.8 km/h	–1 – 42 %	all three, steep incline
T30 Pro Max Climb	1 – 18.8 km/h	–6 – 46 %	all three, steep incline

FIVE RULES THAT MAKE ALL THE DIFFERENCE

- Better 25 minutes three times than 75 minutes once.
- Conversational pace is not a sign of laziness, but the foundation.
- Incline beats speed when your joints are sensitive.
- Don't hang on the handrail – that takes away half the effect.
- Cushioned shoes, even indoors.

Good luck – your AsVIVA Team

AsVIVA Brands GmbH · Borsigstraße 4 · 41541 Dormagen
office@asviva.de · +49 2133 8688812 · asviva.com

This workout plan is for general information only and does not replace medical advice. Please seek medical advice in case of doubt before starting training – especially with pre-existing conditions, injuries, or after a long break from training. Training is done at your own risk.