

TIU TREADMILL

Turkey Trot

We love getting up and moving before all of the festivities of Thanksgiving... and a Turkey Trot is the perfect way to do that! There are tons of races on Thanksgiving day that you can sign up for, but if you're busy cooking up a storm or prefer the treadmill, we've got just the workout for you! This routine will boost your metabolism and tone your lower bod with sprint intervals and hill training.

Let's get to trotting babe! :)

follow the turkeys so you know when to bring the intensity up!

0 - .25 miles



warm up jog or walk at an easy pace.

.25 - .75 miles



pick up the pace to a steady run.

.75 - 1.25 miles



your first hill! bring the incline up to level 5. keep the same pace.

1.25 - 1.50 miles



sprint + hill! bring your pace up to an uphill sprint! you've got this!

1.50 - 2.00 miles



bring your pace down to a steady run and incline down to 0.

2.00 - 2.25 miles



flat sprint! bump up that pace girl!

2.25 - 2.75 miles



bring your pace down to a jog and bring the incline up to 7!

2.75 - 3.10 miles



finish strong! lower incline to 0 and get through that finish line at a sprint!

*make sure to take .5 miles to walk or jog at an easy pace after the workout to cool down. great job girl!!