

Here's a beginner-friendly treadmill pyramid workout that gradually increases and decreases in intensity, perfect for building endurance and confidence without overdoing it:



Beginner Treadmill Pyramid Workout

(30–35 minutes)

Warm-Up (5 minutes):

- 0–5 min: Walk at 2.5–3.0 mph, 0% incline
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Pyramid Intervals

(Each “step” is 3 minutes: 2 min walk + 1 min faster walk or light jog)

Interval	Speed (mph)	Incline	Intensity
Step 1	3.0–3.2	1%	Easy Walk
Step 2	3.2–3.5	2%	Brisk Walk
Step 3	3.5–3.8	3%	Fast Walk / Light Jog
Step 4	3.8–4.2	4%	Light Jog

Step 5	3.5–3.8	3%	Fast Walk
Step 6	3.2–3.5	2%	Brisk Walk
Step 7	3.0–3.2	1%	Easy Walk

(Adjust speeds to your current fitness level — the idea is to feel challenged but not out of control.)

Cool-Down (5 minutes):

- Gradually slow down to a comfortable walk at 2.5–3.0 mph, 0% incline
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 **Tips:**

- Use the handrails if needed during higher incline segments.
- Focus on posture: stand tall, relax your shoulders.
- Do this 2–3 times per week, adding speed or incline as you improve!

Want a printable version or graphic for social media? Just let me know!