



POST-PREGNANCY TREADMILL WORKOUT: HILLS



Comfortable Pace

A speed that you can maintain for 20–30 minutes, straight. At this pace, you should be able to easily talk in full sentences



Challenging Pace

A speed you can maintain for 30–90 seconds, straight. At this pace, you should only be able to speak 1–2 words at a time.

WARM UP

Bodyweight and treadmill

30 seconds each movement.

- Leg swings (both sides)
- Lateral leg swings (both sides)
- March in place
- Forward lunges
- 3 minutes: easy walking at 1% incline

ROUND 1: COMPLETE 1 TIME

Treadmill

- 3 minutes—comfortable pace at 5%
- 1 minute—comfortable pace at 8%
- 1 minute—challenging pace at 10%
- 1 minute—comfortable pace at 10%

ROUND 2: COMPLETE 1 TIME

Bodyweight and treadmill

- 2 minutes—comfortable pace at 5%
- 25 squats
- 1 minute—comfortable pace at 5%
- 10 forward lunges on each side
- 2 minutes—comfortable pace at 5%

ROUND 3: COMPLETE 2 TIMES

Treadmill

- 3 minutes—challenging pace at 8%
- 2 minutes—comfortable pace at 5%
- 1 minute—challenging pace at 8%
- 1 minute—comfortable pace at 5%
- 30 seconds—challenging pace at 10%
- 30 seconds—comfortable pace at 10%

COOL DOWN

Bodyweight and treadmill

30 seconds each movement.

- 2 minutes—easy walking at 0%
- Quad stretch
- Hamstring stretch
- Calf stretch
- Glute stretch