



TTRG TREADMILL SMASH

Drumroll please..our ultimate guide to treadmill workouts is here - well sort of!

There is more to come - a LOT more actually. We are busy creating our Ultimate Guide to not dying of boredom on the treadmill

You see, the treadmill has been many things to me over the years. A hard task master, a therapist, a place of moving meditation, an uphill battle and a huge hand in my weight loss journey.

I think I just realised that I am sentimental about a piece of cardio equipment! What the?

STAY WITH ME - IM NOT COMPLETELY BONKERS

It actually makes a lot of sense.

The last few years have seen me go from rock bottom to manifesting absolute magic.

Ever been in a season of your life when you open your eyes in the morning and don't quite know how the day is going to play out?

Ever been queasy at the thought of what could unfold the moment you let your feet hit the ground?

I wanted to stay in bed and avoid the ups and downs I knew I had to endure BUT instead of pulling the covers over my head, I made my way to the treadmill each morning.

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ITS NOT ABOUT RUNNING// RECONNECT WITH YOUR STRENGTH

The treadmill was everything I needed at that time. For one thing – it was silent and didn't piss me off by saying something stupid!!

It was predictable and consistent. I knew what I was in for. I was in control. I dictated the pace, the incline, the duration. My time on the treadmill reminded me of the strength I already have within me – and that is what I needed each and every day to pump me up enough to feel ready to face the world.

So yes – there you go, Ill say it. The treadmill was my best friend during my darkest days.

And now, I spend my time on the treadmill to really explore my strength, my grit, my resilience and to keep my body and my mind aligned and healthy.

So in writing the ULTIMATE guide to treadmill workouts – I am taking my time because I want to get it right. I want the workouts to be transformational for anyone that takes them on.

So today, here is a little tiny sneak peak into what we will be delivering to you for FREE very soon! Yup, free. Why? We are CRAZY passionate about building a community of strong, fit, happy people – there is no price on that.

We know that when we best support our community they will continue to show up proud to be part of the TTRG crew.

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RPE//WHAT DOES THAT EVEN MEAN?

RPE is Rate of Perceived Exertion. It is used to gauge your intensity in your cardio workouts on a scale of 1-10.

So for each treadmill session you will see an assigned RPE depending on the goal of that particular day of training.

If it says to run at a RPE of a 6, this means you wont be going flat out - just cruise.
But friend - if it says 9-10, give it EVERYTHING!

Session 1: RPE 8-9

500m Warm Up

5 x 300m Run + 60 seconds recovery between rounds

2 x 200m Run + 30 seconds recovery between rounds

5 x 200m Run + 45 seconds recovery between rounds

600m Cool down

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TEMPO RUN

Session 2: RPE 7

Warm Up : 5 Mins Brisk Walking

4 mins Run + 1 Min Rest

2 mins Run + 1 Min Rest

4 mins Run + 1 Min Rest

2 mins Run + 1 Min Rest

WHAT SHOULD A TEMPO RUN FEEL LIKE?

This session should have you getting used to being comfortable with being uncomfortable.

It is not a jog - you want to be pushing to be just outside your comfort zone. You should be able to speak but not sing.

This is a pace that is certainly a challenge - but one that you feel that you are on top of.

You shouldn't be completely out of breath.

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FARTLEK

Session 3: RPE 7

Warm Up : 5 Mins Brisk Walking

4 mins Run + 1 Min Rest

2 mins Run + 1 Min Rest

4 mins Run + 1 Min Rest

2 mins Run + 1 Min Rest

WHAT SHOULD A TEMPO RUN FEEL LIKE?

This session should have you getting used to being comfortable with being uncomfortable.

It is not a jog - you want to be pushing to be just outside your comfort zone. You should be able to speak but not sing.

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