

2-Week Treadmill Fitness Tracker (Mon–Fri Schedule, Age 55+)

Week 1

Day	Workout Details	Done ✓	Notes
Mon	Incline Walk (45 min): 5 min warm-up (2.5–3.0 mph). 20 min brisk (3.3–3.8 mph, 1–2%). 15–20 min incline (3.0–3.5 mph, 4–8%). 5 min cool-down.		
Tue	Intervals (35–40 min): 5 min warm-up. 20 min alternating: 2 min fast (3.8–4.2 mph) / 2 min incline (3.0–3.4 mph, 5–7%). 10 min incline finish.		
Wed	Steady Walk (40–45 min): 3.2–3.6 mph, incline 2–4%. Optional last 10 min faster.		
Thu	Incline Intervals (40 min): 5 min warm-up. 25 min alternating: 3 min incline (5–8%) / 2 min flat. 5–10 min cool-down.		
Fri	Easy Walk (30–40 min): comfortable pace, low incline.		
Sat	Long Walk (45–60 min): steady pace, light incline.		
Sun	Rest or light movement		

Week 2 (Progression)

Day	Workout Details	Done ✓	Notes
Mon	Incline Walk (45 min): 5 min warm-up (2.5–3.0 mph). 20 min brisk (3.3–3.8 mph, 1–2%). 15–20 min incline (3.0–3.5 mph, 4–8%). 5 min cool-down. (+5 min if able)		
Tue	Intervals (35–40 min): 5 min warm-up. 20 min alternating: 2 min fast (3.8–4.2 mph) / 2 min incline (3.0–3.4 mph, 5–7%). 10 min incline finish. (slightly faster if comfortable)		
Wed	Steady Walk (40–45 min): 3.2–3.6 mph, incline 2–4%. Optional last 10 min faster.		
Thu	Incline Intervals (40 min): 5 min warm-up. 25 min alternating: 3 min incline (5–8%) / 2 min flat. 5–10 min cool-down. (+1% incline if able)		
Fri	Easy Walk (30–40 min): comfortable pace, low incline.		
Sat	Long Walk (45–60 min): steady pace, light incline. (+5–10 min if able)		
Sun	Rest or light movement		