



Treadmill Workouts: 90 Treadmill Workouts For Every Runner

Amy Beatty

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TREADMILL TRAINING offers 90 treadmill workouts. Workouts are designed for every level runner; beginning, intermediate and advanced. Each workout is based off of your goal (5K, 10K, ½ Marathon, or Marathon) time. In addition to offering 90 creative treadmill workouts, race pace charts are also provided that include treadmill pace conversions.

*** PRAISE FOR TREADMILL TRAINING: 90 TREADMILL WORKOUTS FOR EVERY RUNNER...

"This book is for every runner, at every ability level. Whether you're training on a treadmill year-round or just find yourself stuck indoors on a bad weather day, Treadmill Workouts is a life-saver." -Runners Musings

"Never wonder what your next workout will be. Need a boost of motivation? Treadmill Workouts is complete with workouts for every goal (5K-Marathon) and every ability level, from beginner to elite." - ChooseMyWorkout.com



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