

30-Day Treadmill HIIT Challenge Calender

3 HIIT sessions • Sauna recovery • Strength & Mobility balance

Day	1	2	3	4	5	6	7	8	9	10
DOW	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Activity	30-min steady run + core	HIIT Treadmill – Tier Plan	Total-body strength	Mobility / active recovery	HIIT Treadmill – Tier Plan	Strength + 15-min sauna	Rest	30-min steady run	HIIT Treadmill – Tier Plan	Strength
Day	11	12	13	14	15	16	17	18	19	20
DOW	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activity	Mobility / yoga	HIIT Treadmill – Tier Plan	Strength + sauna	Rest	30-min steady run	HIIT Treadmill – Tier Plan	Strength	Mobility / active recovery	HIIT Treadmill – Tier Plan	Strength + sauna
Day	21	22	23	24	25	26	27	28	29	30
DOW	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Activity	Rest	30-min steady run (easy)	HIIT – reduce vol. 40%	Light strength / BW	Mobility / foam roll	HIIT – reduce vol. 40%	Light strength + sauna	Rest	Reflection jog 20-min	Benchmark HIIT retest