

Cardio Workouts

All workouts should begin with a five minute warm up consisting of spinning at low resistance, and high rpm's (over 90 on a bike).

Steady State:

These workouts are designed to get your heart rate to a certain percentage of its max, and keep it there. They will help to create a good cardio base so that you can do all of your other workouts more effectively

Week 1: warm-up

15 min. at 70% of max heart rate (HR)*

5 min. cool down

Week 2: warm-up

20 min. at 70% of max heart rate

5 min. cool down

Week 3: warm-up

25 min. at 70% of max HR

5 min. cool down

Week 4: warm-up

30 min. at 70% of max HR

5 min. cool down

Week 5: warm-up

20 min. at 80% of max HR

5 min. cool down

Week 6: warm-up

25 min. at 80% of max HR

5 min. cool down

Week 7: warm-up

30 min. at 80% of max HR

5 min. cool down

Week 8: warm up

10 min. at 80% of max HR

10 min. at 85% of max HR

10 min. at 80% of max HR

5 min. cool down

*Max heart rate can be found by subtracting your age from 220. So, if you are 15, your max HR is 205, and 80% of 205 is 164 beats per minute.

Intervals:

These workouts are intended to increase your anaerobic capacity, and recovery times. All intervals will be a 1:1 ratio of interval to rest. That means that if you are doing 30 sec. intervals, you rest for 30 sec. between each one.

Week 1: warm-up
Ten 30 sec. intervals
5 min. cool down

Week 2: warm-up
Ten 30 sec. intervals
5 min. cool down

Week 3: warm-up
Two 30 sec. intervals
Two 60 sec. intervals
Two 30 sec. intervals
5 min. cool down

Week 4: warm-up
Two 30 sec. intervals
Three 60 sec. intervals
Two 30 sec. intervals
5 min. cool down

Week 5: warm-up
Five 30 sec. intervals
Five 60 sec. intervals
5 min. cool down

Week 6: warm-up
Two 30 sec. intervals
Six 60 sec. intervals
Two 30 sec. intervals
5 min. cool down

Week 7: warm-up
Ten 60 sec. intervals
5 min. cool down

Week 8: warm-up
Ten 60 sec. intervals
5 min. cool down

An interval means giving 100% for a short burst. At the end of each of your intervals, you should feel like you have given all energy possible to that interval. Don't save energy for later intervals, which is why we start short, and build up. Remember, if you're not giving 100%, somebody else is!!!