

Interval Workouts

Beginners

Treadmill

Begin: - 5 minute warmup (Walking pace > Fast Walk)

| | |
|------------------------|-------------------------------------|
| - 1 minute at 3.7 mph | - Repeat these two stages 4-5 times |
| - 3 minutes at 2.0 mph | (16-20 minutes total) |

End: - 5-10 minute cooldown (Decreasing Pace)

Intermediate

Elliptical

Begin: - 5 minute warmup (25-40 spm)

| | |
|---------------------------|--------------------------------------|
| - 30 seconds at 65-80 spm | - Repeat these two stages 8-10 times |
| - 1.5 mins at 30 spm | (16-20 minutes total) |

End: - 5-10 minute cooldown (Decreasing Pace)

Advanced

Airdyne Bike

Begin: - 5-10 minute warmup (30-50 rpm)

| | |
|---|---------------------------------------|
| - 20 seconds at "All-Out" Intensity (80-100+ rpm) | - Repeat these two stages 10-15 times |
| - 40 seconds as low as possible (30-35 rpm) | (10-15 minutes total) |

End: - 10 minute cooldown (Decreasing Pace)

Athlete

Sprints

Begin: - 5 minutes of Calisthenics/Slow jogging

| | |
|--|-----------------------|
| - 1 "All-Out" 200 meter sprint | - Repeat 5-10 times |
| - 2 minutes of recovery (Very Low continuous movement) | (15-30 minutes total) |

End: - 10 minute cooldown (Light Jogging > Walking)