



# Cardio Interval workouts

- 4,3,2 on the Treadmill or outside running
  - 4 minutes level 5 intensity out of 10
  - 3 minutes level 7 intensity out of 10
  - 2 minutes level 9 intensity out of 10
  - Go back to 4mins Again
- Repeat x3 always have the incline at 0.5

**Treadmill or outside running.**

**1min fast running sprint**

**30 off**

**(jog or fast walk if running outside. If on Treadmill hop off)**

**Repeat x10**

**Incline treadmill intervals.**

- 2 minutes fast walking Incline 5
- 2 minutes Jogging speed, Incline 5 (15secs before 2mins is up lower incline to 0).
- 1minute fast running speed no incline 30sec sprint speed 11
- 30 secs off put incline up in this break

**Cross trainer**

- 2min fast level 8/9/10 resistance rpm over 135
  - 1min slow no resistance
- Repeat x10

## **Bike intervals**

- **2mins seated sprint**
  - **1min standing sprint**
  - **30sec off**
  - **1min seated sprint**
  - **1min standing sprint**
  - **30sec off**
  - **45sec seated sprint**
  - **45sec standing sprint**
  - **30sec off**
  - **30sec seated sprint**
  - **30sec standing sprint**
- 1min off Repeat 3 times.**