



## INTERVAL MASHUP

Try these intervals on a bike, treadmill, elliptical or rower. THERE IS PROVEN SCIENCE BEHIND THIS WORKOUT. It utilizes HIIT Training (High Intensity Interval Training-2:1 work/rest ratio) .The idea is to use variable intervals to increase your VO2 max. This simply means that if you do the work you will increase your body's ability to absorb oxygen, eventually making a given intensity level feel easier; *ie: make you more fit*. HIIT training also increases EPOC (exercise post oxygen consumption, *ie: increase your calorie burn at rest*). I recommend HIIT training two times per week.

Time	Interval	Number of Working Rounds
3.5 minutes	Warm up	NA
4 minutes	20/10 Sprints	8-20 second sprints w/10 sec. recovery
2 minutes	Recovery pace	NA
4.5 minutes	30/15 Sprints	6-30 second sprints w/15 sec. recovery
90 seconds	Recovery pace	NA
4 minutes	40/20 Sprints	4-40 second sprints w/20 sec. recovery
2 minutes	Recovery pace	NA
15 minutes	1 minute sprint with 2 minute recovery	5-one minute sprints w/2 minutes active recovery
3.5 minutes cool down		

**TOTAL TIME: 40 MINUTES.** Finish with 3 rounds of core work on the ball: 20 crunches and 5 circle crunches to the right and left. Then, use the foam roller to roll and **STRETCH!**

**Treadmill Suggestions:** Either use the above time intervals for speed, incline or both. Mix it up Make the 20/10's sprints and the 30/15's hills. If you need more help on this, ask me!

**Elliptical:** Either use the above intervals for speed, crossramp or both. If you are training on a Precor Elliptical, aim for 165-220 strides per minute. Remember, taking the crossramp up works the glutes more. If you tend to have knee issues, take the crossramp down. Change directions every five minutes or so to avoid tingling and numbness in the feet, let your ankles flex and extend a little.

**Bike:** Either use this workout for turnover (lower resistance, higher rpm's) or hills (higher resistance, lower rpm's) or both. Be cautious using higher resistance on the bike as the knees can be taxed. Perhaps use just a couple of the intervals for heavy hills.

**Rower:** You need to work your way up on the rower. Maybe start with just one 4 minute 20/10 interval sprint on this.

**My job is to give you tools like this workout. Your job is to utilize the tools to own your fitness. MAKE IT HAPPEN!**