

phase 1 part 1 cardio

(WEEKS 1-3 & WEEKS 7-9)

Optimum results are gained if you can burn 300-500 calories, 5-6 days per week. This can be made up using the workouts below and topped up with extra exercise.



EACH WEEK AIM TO COMPLETE EACH ONE OF THESE WORKOUTS:

Endurance: 40 – 60 minutes.

Interval: 30 minutes.

Explosive: 10-15 minutes.

ENDURANCE

Fast walk, jog or a combination of both. Team sport. Aerobic, spin, body attack, body combat, step, jam class, basic training, boot camp, Zumba.

Progression of this: Aim to increase distance covered or decrease the time it takes to cover the original distance. In classes increase intensity by burning more calories in the class.

INTERVAL

Split your time with ten minutes on each. Combine any three: Tread Mill, Cross Trainer, Stepper, Rower, Bike

Rest for 2 minutes between different stations. Total time 34 min.

Progression of this:

Week 1: 30 sec on 30sec off

Week 2: 30sec on 30sec off

Week 3: 35 sec on 25sec off.

Week 7: 30 sec on 30 sec off (increase speed 10-20%)

Week 8: 30 sec on 30 sec off (same speed as week 7)

Week 9: 35 sec on 25 sec off (same speed as week 7)



INTERVAL (NO GYM OPTION)

Weeks 1-3: 10min Jog or Run 30sec, Walk 30sec.

10min Stair Walking or Running. Fast as you can up, recover on the way down. Note number of flights covered and record.

10 min Hill Walking or Running. Fast as you can up, recover on the way down. Note number of repeat hills performed and record.

Weeks 7-9: Increase your Jog or Walk Intervals to 35 sec jog or run and 25 sec walk

Progression of this:

Try to cover more distance, greater number flights of stairs, greater number of hills in the time



EXPLOSIVE

Rower (substitute Tread Mill, Cross Trainer or Bike)

20sec as fast as you can. Note speed and distance covered. Repeat 20sec on 10sec rest, ten times, total time 5 min. Each interval, try to match the score in your first interval. Rest 2 min then repeat.

Progression of this:

Try and set a faster target then match it in each consecutive interval.



EXPLOSIVE (GYM FREE)

On an oval, flat surface or track.

Sprint, run or walk as fast as you possibly can for twenty seconds. Mark the distance covered. Rest 10 sec and try to cover the same distance (back to where you started). Repeat a total of 10 times.

Total time 5min. Rest 2 min. Then repeat.

Progression of this:

Try to cover more distance.