

Rapid Fitness & Fat Loss

Cardio Interval Training



WARM-UP: 5 minutes total:

Perform a low to moderate-intensity warm-up for 5 minutes. Make sure to select a pace that allows you to sufficiently prepare for your intervals without causing too much fatigue (work at an Intensity Level of 3-5 on the “**How hard should you work**” guidelines). In general, this is the same pace you should use for your active recovery periods and your cool-down.

INTERVALS: 10-20 minutes total:

You will alternate between bouts of fast (maximum effort) and slow (active recovery effort) for the prescribed amount of time within each interval workout.

A.) The Carb-Burning Zone (CBZ): Perform all-out, high-intensity “sprints” (fast walking/running/cycling) for the designated time period. Make sure to work as hard as you possibly can during these “sprints” for your current fitness level. In other words, you should be working at an Intensity Level of 8-9.

B.) The Fat-Burning Zone (FBZ): Perform low to moderate-intensity active recovery for the designated time period. Make sure to select a pace that allows you to sufficiently recover for the next sprint. In other words, you should be working at an Intensity Level of 3-5.

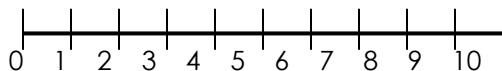
→ 1 Interval / round = CBZ+FBZ

COOL-DOWN: 5 minutes total:

Perform a low to moderate-intensity cool-down for the designated period of time. Make sure to select a pace that allows you to sufficiently wind down from your intervals without causing too much fatigue. Work at an Intensity Level of 3-5.

HOW HARD SHOULD YOU WORK?

- In order to grade the intensity of the effort used during your exercise workouts, you will utilise a scale called the “rate of perceived exertion” or RPE.
- Picture a scale from zero to ten:



1	Sitting or lying on the couch, watching TV, reading my book / newspaper
2	Comfortable walk, could maintain for a long time
3	Breathing harder, but still comfortable
4	Can talk effortlessly, am sweating, but feel good
5	Sweating more, can still talk, and just above comfortable
6	Slightly breathless, but can talk
7	Can talk, but don't really want to, sweating a lot
8	Cannot talk (but grunt instead), can only maintain this pace for short periods
9	Probably going to die soon
10	I am dying!



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Cardio Interval Training – Workout A (30 sec fast, 90 sec slow)		
Time (minutes)	Type	Intensity Level
1-5	Warm up	3-5 out of 10 (HR < 60% max)
5 – 5:30	Hard	8-9 out of 10 (HR = 80-90% max)
5:30 – 7	Easy	3 out of 10 (HR < 60% max)
7 – 7:30	Hard	8-9 out of 10 (HR = 80-90% max)
7:30 – 9	Easy	3 out of 10 (HR < 60% max)
9 – 9:30	Hard	8-9 out of 10 (HR = 80-90% max)
9:30 – 11	Easy	3 out of 10 (HR < 60% max)
11 – 11:30	Hard	8-9 out of 10 (HR = 80-90% max)
11:30 – 13	Easy	3 out of 10 (HR < 60% max)
13 – 13:30	Hard	8-9 out of 10 (HR = 80-90% max)
13:30 – 15	Easy	3 out of 10 (HR < 60% max)
15 – 15:30	Hard	8-9 out of 10 (HR = 80-90% max)
15:30 – 17	Easy	3 out of 10 (HR < 60% max)
17 – 17:30	Hard	8-9 out of 10 (HR = 80-90% max)
17:30 – 19	Easy	3 out of 10 (HR < 60% max)
19 – 19:30	Hard	8-9 out of 10 (HR = 80-90% max)
19:30 – 21	Easy	3 out of 10 (HR < 60% max)
21 – 21:30	Hard	8-9 out of 10 (HR = 80-90% max)
21:30 – 23	Easy	3 out of 10 (HR < 60% max)
23 – 23:30	Hard	8-9 out of 10 (HR = 80-90% max)
23:30 – 25	Easy	3 out of 10 (HR < 60% max)
25-30	Warm-down	3 out of 10 (HR < 60% max)

Cardio Interval Training – Workout B (1 minute fast, 3 minutes slow)		
Time (minutes)	Type	Intensity Level
1-5	Warm up	3-5 out of 10 (HR < 60% max)
5 – 6	Hard	8-9 out of 10 (HR = 80-90% max)
6 – 9	Easy	3 out of 10 (HR < 60% max)
9 – 10	Hard	8-9 out of 10 (HR = 80-90% max)
10 – 13	Easy	3 out of 10 (HR < 60% max)
13 – 14	Hard	8-9 out of 10 (HR = 80-90% max)
14 – 17	Easy	3 out of 10 (HR < 60% max)
17 – 18	Hard	8-9 out of 10 (HR = 80-90% max)
18 – 21	Easy	3 out of 10 (HR < 60% max)
21 – 22	Hard	8-9 out of 10 (HR = 80-90% max)
22 – 25	Easy	3 out of 10 (HR < 60% max)
25-30	Warm-down	3 out of 10 (HR < 60% max)

