

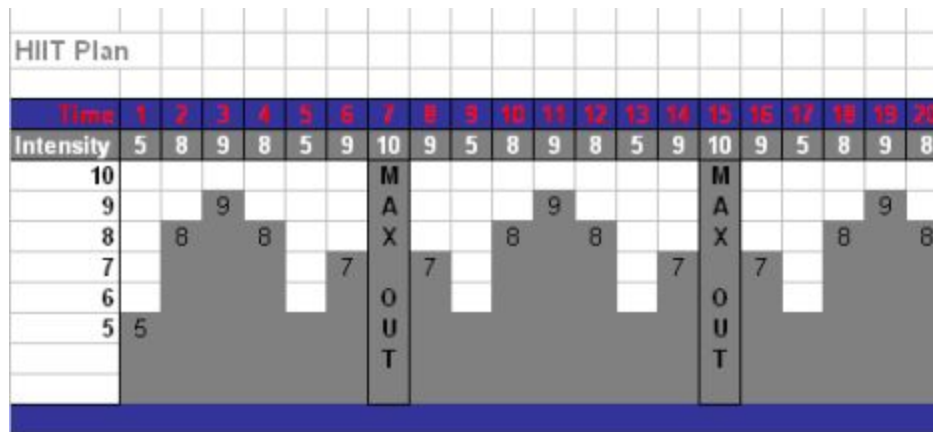
Cardio Training Plan

High Intensity Interval Training (HIIT)

Over the last decade or so, HIIT has become a very popular method of cardio. Most forms of HIIT uses time intervals with assigned levels of difficulty. HIIT is a great mechanism for breaking personal records and increasing your level of challenge during cardio training. Not only that, **SOME** research suggests that HIIT causes the body to burn more energy for a longer period of time after the workout is complete and may be overall a more effective method of cardio training than steady state training.

Since the current research (that I am aware of) is inconclusive as to which type of cardio training is the most effective, I recommend using HIIT as a part of your overall workout routine while also including other types of cardio as well.

REMEMBER: This type of workout, when done correctly can be exhausting. Whenever performing HIIT, it should ALWAYS be based on your personal intensity index. It is important to understand how hard YOU can work, and your own capabilities before including HIIT in your **cardio training** plan.



Directions

1. Warm up the first min.
2. Min. 2-4 start @ 8, go to 9, back to 8
3. Min. 5 = recover
4. Min. 6-8 start @ 7, go to "Max", back to 7
5. Min. 9 = recover
6. Min. 10-12 start @ 8, go to 9, back to 8
7. Min. 13 = recover
8. Min. 14-16 start @ 7, go to "Max", back to 7
9. Min. 17 = recover
10. Min. 18-19 start @ 8, go to 9, back to 8
11. Cool down on your own