

## Interval Training for Static Cardio Machines or Outdoor Activities

- 20 minutes 3-5 days a week, no equipment necessary (unless using cardio machines)

*For example*, a 20-minute interval training session on a treadmill would look something like this:

- Start at your **low intensity** for a **4**-minute warm up (ie. walking at a high incline- heavy breathing but able to carry a conversation)
- **High intensity** for **5** minutes (ie. running at a lower incline- very difficult and unable to carry a conversation)
- **Low intensity** for **1** minute
- **High intensity** for **4** minutes
- **Low intensity** for **1** minute
- **High intensity** for **5** minutes

Always end your interval training with a cool down period before stretching or moving on to your weight training routine.

Notice the rest periods are 1 minute at a low intensity and the high intensity durations are longer (5:4:5 minutes). Write down your resistance, incline and/or speed to keep track of your improvements.