



# INTERVAL WORKOUT 1

## WEEK 1

This interval workout is designed to boost your metabolism and burn calories. Pick a cardio machine (bike, x-trainer, treadmill, or outside running, biking) and perform one of the following workouts. To make the workout as effective as possible you must put everything you have into your work interval and rest long enough to let your heart rate come down before starting your next interval.

**Increases in speed should be to maximal effort.  
Decreases should allow you to catch your breath.**

\*If you are just starting or have done intervals for a while use **Workout A**

\*If you have been doing intervals use **Workout B**

### Workout A

Time	Action
0:00 – 4:59	Warm-up
<b>5:00</b>	<b>increase speed</b>
6:00	decrease speed
<b>7:00</b>	<b>increase speed</b>
8:00	decrease speed
<b>9:00</b>	<b>increase speed</b>
10:00	decrease speed
<b>11:00</b>	<b>increase speed</b>
12:00	decrease speed
<b>13:00</b>	<b>increase speed</b>
14:00	decrease speed
<b>15:00</b>	<b>increase speed</b>
16:00	decrease speed
<b>17:00</b>	<b>increase speed</b>
18:00	Cool down
23:00	Finish

### Workout B

Time	Action
0:00 – 4:59	Warm-up
<b>5:00</b>	<b>increase speed</b>
6:00	decrease speed
<b>7:00</b>	<b>increase speed</b>
8:00	decrease speed
<b>9:00</b>	<b>increase speed</b>
10:00	decrease speed
<b>11:00</b>	<b>increase speed</b>
12:00	decrease speed
<b>13:00</b>	<b>increase speed</b>
14:00	decrease speed
<b>15:00</b>	<b>increase speed</b>
16:00	decrease speed
<b>17:00</b>	<b>increase speed</b>
18:00	decrease speed
<b>19:00</b>	<b>increase speed</b>
20:00	decrease speed
<b>21:00</b>	<b>increase speed</b>
22:00	decrease speed
23:00	Cool down
28:00	Finish