



INTERVAL WORKOUT

Speed Ladder Workout



This interval workout is designed to boost your metabolism and burn calories. You will pick a cardio machine (bike, x-trainer, treadmill, or outside running, biking). 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 kept to suggested amounts and decrease should be at your baseline allowing you to catch your breath

Baseline Speed/Resistance: A Speed and Resistance that is somewhat challenging but that you can maintain for at least 30 Minutes.

Workout A		Workout B
Time	Action	Time
0:00 – 2:59	Warm-up	0:00 – 2:59
3:00	Baseline	3:00
4:00	increase speed	4:00
4:30	increase speed	5:00
5:00	increase speed	6:00
5:30	increase speed	7:00
6:00	increase speed	8:00
6:30	increase speed	9:00
7:00	Decrease to Baseline	10:00
12:00	increase speed	15:00
12:30	increase speed	16:00
13:00	increase speed	17:00
13:30	increase speed	18:00
14:00	increase speed	19:00
14:30	increase speed	20:00
15:00	Decrease to Baseline	21:00
20:00	Cool down	26:00
25:00	Finish	31:00

Equipment	Increase Amt.
Treadmill	.5 MPH
Bikes	5 RPM
Ellipticals	5 SPM
Rower	5 SPM
Stepper	5 SPM