

# SAR - Intervals for performance cardio

## Purpose:

1. To elevate cardiorespiratory fitness from 'base level fitness' to 'performance fitness'
2. To be time-efficient by doing shorter workouts with higher intensity
3. To enhance weight management results by stimulating fat loss
4. To change up the routine for the sake of motivation and overall consistency

## Instructions:

1. Choose the type(s) of interval training to include in your workout program
2. Perform 1 (max 2) interval training sessions per week
3. Repeat the interval workout once a week. Make it slightly harder each week by decreasing the rest interval or by increasing the intensity of the work interval.
4. Continue to include 2-3 low to medium intensity cardio workouts per week (30-90 min)

## Interval training modalities:

Training type	Work interval	Effort level (1-10)	Rest interval	Work-rest ratio	Total duration
<b>Low-Medium Intervals</b> (hike, bike, run, swim, etc)	<b>3 min medium intensity</b> X 6-10	4-6	3 min active low intensity	1:1	30-60 min
<b>Progressive rest intervals</b> (hike, bike, run, swim etc)	<b>60 sec</b> X 4 (or more)	6-8	1. 45sec 2. 60sec 3. 75sec 4. 90sec	Changes. Progressively more rest after each interval.	10-20 minutes
<b>Treadmill hill intervals</b> (walk with a backpack)	<b>60-120 sec</b>	6-8	3-4 min of easy walking	1:3	30 minutes
<b>Hill repeats</b> (hike with a pack or run)	<b>60-90 sec uphill</b> X 4-10	7-9	2 min active rest by walking down slowly	1:2	15-30 minutes
<b>HIIT Intervals</b> (stairclimber, stationary bike, rowing machine etc)	<b>30 sec</b>	8-9	2-3 min active rest with very easy/light movement	2-3 min	10-20 min