

Cardiovascular interval training that you can do on cardio machines

Interval Training is training that raises the heart rate through a fast phase and slower phase. The workout spikes activity throughout the duration of the activity.

A few examples of interval training that can be done on cardio equipment are listed below:

400's

Equipment: Treadmill
Exercise Time: 60 seconds
Rest Interval: 1 minutes 45 seconds
Number of Reps: 7

Warm-up on the treadmill, then increase speed to desired level and run 60 seconds, step on sides of treadmill for 1 minutes and 45 seconds recovery. Then repeat and finish with a 3 minute cool down – speed should be almost a full sprint. Each time this workout is completed increase the speed by a ½ mph. Total workout equals about 20 minutes.

200's

Equipment: Treadmill
Exercise Time: 30 seconds
Rest Interval: 1 minute
Number of reps: 10

Warm-up on the treadmill, then increase speed to desired level and run 30 seconds, step on sides of treadmill for 1 minutes recovery. Then repeat and finish with a 3 minute cool down – speed should be almost a full sprint. Each time this workout is completed increase the speed by a ½ mph. Total workout equals about 20 minutes.

Hills

Equipment: Treadmill
Exercise Time: 15 seconds
Incline: 25%
Rest Interval: 1 minute 15 seconds
Number of reps: 10

Warm-up on the treadmill, then increase speed to desired level and incline to 25% and run 15 seconds, step on sides of treadmill for 1 minutes and 15 seconds recovery. Then repeat and finish with a 3 minute cool down – speed should be almost a full sprint. Each time this workout is completed increase the speed by a ½ mph. Total workout equals about 20 minutes.

Bike Training

Equipment: Stationary Bike
Exercise Time: 30-40 minutes
Speed: 20-25 mph / 90 rpms
Resistance level: Medium

Warm-up on Bike, then increase resistance and keep speed up to levels indicated above. When finished with desired time, include a cool down period.

Power Bike Training

Equipment: Stationary Bike
Exercise Time, Resistance and Speed:

Time	Speed	Resistance
5 minutes	20mph/70rpm	Light
1 minute	20mph/70rpm	Heavy
2 minute	20mph/70rpm	Moderate
1 minute	20mph/70rpm	Heavy
2 minute	20mph/70rpm	Moderate
1 minute	20mph/70rpm	Heavy
2 minute	20mph/70rpm	Moderate
1 minute	20mph/70rpm	Heavy
3 minute	cool down	Light

Warm-up on bike, then adjust resistance level to simulate sprinting up hills and riding based on the above times and resistance levels.

Your own Interval Training

You can use the same guidelines as those above to create a very similar interval training workout. Or maybe you don't have this equipment, complete the same thing outside.