



## Quick & Effective In-door Cardio

### To make the most of the cardio machines

It is well documented that cardiovascular fitness is an important component of total health related fitness. Furthermore, it has also been shown to be a major predictor of mortality rates, where low fit individuals have shorter live spans compared to similar demographic but high fit individuals. But when weather, impact or schedules require cardio to be done on a machine inside, it can become tiresome very quickly. To help add variety and effectiveness to your workouts to get the most out of them on the machine, try out the following.

#### Option #1 - Power Bike Training

Equipment Needed: Stationary Bike

Exercise Time, Resistance and Speed:

<b>Time</b>	<b>Speed</b>	<b>Resistance</b>
5 minutes	20mph/90rpm	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/90rpm	Light

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

#### Option#2 - 400's on the Treadmill

Equipment: Treadmill

Exercise Time: 60 seconds

Rest Interval: 2 minutes 30 seconds

Number of Reps: 6

Warm-up on the treadmill, then increase speed to desired level and run 60 seconds, step on sides of treadmill for 2 minutes and 30 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.



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What are you trying to do for fitness?

## Quick & Effective In-door Cardio Continued . . .

### **Option #3 - 200's on Treadmill**

Equipment: Treadmill

Exercise Time: 30 seconds

Rest Interval: 1 minute 15 seconds

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 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.

### **Option #4 – Hills on Treadmill (Note: Highly advanced fitness level recommended)**

Equipment: Treadmill

Exercise Time: 15 seconds

Incline: 15-20%

Rest Interval: 1 minute 15 seconds

Number of reps: 10

Warm-up on the treadmill, then increase speed to desired level and incline to 15-20% 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.

### **Remember . . .**

Regardless of the workout chosen, thoroughly warm-up prior to each workout and finish with static stretches of the affected areas for 15-60 per stretch per body part.