

## CARDIO/RUNNING IDEAS

Workout	Time/Dist	Speed	Incline (treadmill)	Notes
<b>Time Trial</b>	eg. 5 or 10km	Max even pace	1%	Once per month - helps gauge current fitness level/performance
<b>X-Croutry</b>	20mins++	Jog	Varied	Treadmill or outside - running @ easy speed
<b>Intervals</b>	1min on/1min off	Fast/Easy	1%	Speed Intervals - At least 5 reps
	30secs on/30secs off	Sprint/Easy	1%	"
	1/2M on/1/2M off	Tough/Easy	1%	Speed Endurance
<b>Fartlek</b>	Varied	Varied	At least 1%	"Speed Play" - ie. Sprinting between park benches etc.
<b>LSD</b>	Long	Slow	At least 1%	"Long Slow Distance", or run (or bike) for time and don't worry about distance
<b>s/s</b>	Varied	Varied	At least 1%	"Steady State" with eg. lunges, squats, crunches, bench dips, press ups...

**Always warm up (w/u) and warm down (w/d)**

**Include stretches at the end of the workout - see your trainer to show you how**

**These are just ideas - intervals are designed to be reasonably tough - repetitions can be added week by week**

**It is good to write down all your training and distances in a running log or diary**

**"X-Training" ie. Do some cycling or rowing etc to give the joints a rest and the muscles a different workout**

**Listen to your body - don't run/train through injury/pain**

**Don't forget to keep hydrated and get a good healthy meal as soon as you can after your workout**

**Strength training sessions during the first half of the training plan should focus on good basic strength**

**Strength training sessions during the second half of the training plan should focus on strength endurance (lighter weight/higher reps)**