

CARE Cardio Programme

This cardiovascular programme is designed not only to improve the knowledge of the positives of maintaining a high level of cardiovascular training, but also to inform participants on the variations of cardiovascular training, such as HIIT, fartlek, intervals, and more.

These types of training methods can be performed on any variation of cardiovascular equipment. However, if this is practiced in a safe environment and on the appropriate equipment.

Exercise	Time
Bike	10-15
Watt Bike	10-15
Treadmill	10-15
Rowing Machine	10-15
Hand Bike	10-15
Recline Bike	10-15

Resistant Training Workout Guide

5-15 minutes warm-up
20-30 Cardiovascular Training
5-10-minute cool-down

Interval Training

Description: Interval training is a type of training that involves a series of low to high intensity workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity. Varying the intensity of effort exercises the heart muscle, providing a cardiovascular workout, improving aerobic capacity and permitting the person to exercise for longer and/or at more intense levels.

Interval training is usually consisted with an equal time for example, exercise for 30 seconds and rest for 30 seconds. This type of training usually adds up to the full minute. The main purpose is to exercise as fast as possible and then using the 30 seconds to regain energy and oxygen. This can be completed on any form of cardiovascular equipment.

To advance your training, you can complete 5 sets of interval training on one cardiovascular equipment and then complete another 5 sets on a different variation of cardiovascular equipment.

HIIT

Description: High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of [interval training](#), a [cardiovascular exercise](#) strategy alternating short periods of intense [anaerobic exercise](#) with less intense recovery periods, until too exhausted to continue. Though there is no universal HIIT session duration, these intense workouts typically last under 30 minutes, with times varying based on a participant's current fitness level. The duration of HIIT also depends on the intensity of the session.

HIIT training can involve one or more cardiovascular exercise equipment's depending on the participants need for progression.

Fartlek

Description: Fartlek, which means "speed play" in Swedish, is continuous training with interval training. Fartlek runs are a very simple form of a long-distance run. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running." For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in when possible. A simple example of what a runner would do during a fartlek run is "sprint all out from one light pole to the next, jog to the corner, give a medium effort for a couple of blocks, jog between four light poles and sprint to a stop sign, and so on, for a set total time or distance."

The variable intensity and continuous nature of the exercise places stress on both the aerobic and anaerobic systems. It differs from traditional interval training in that it is unstructured; intensity and/or speed varies, as the athlete wishes. Fartlek training is generally associated with running but can include almost any kind of exercise.

Aerobic Training

Description: Aerobic exercise (also known as cardio) is physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process. "Aerobic" means "relating to, involving, or requiring free oxygen", and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism. Generally, light-to-moderate intensity activities that are sufficiently supported by aerobic metabolism can be performed for extended periods of time. What is generally called aerobic exercise might be better termed "solely aerobic", because it is designed to be low intensity enough so that all carbohydrates are aerobically turned into energy.

Furthermore, this type of training method is suitable for participants who want to focus on long distance periods. This could be cycling, running, or rowing. However, this does not mean that you must maintain one pace. Instead, try and include ascending and descending gradients, increase the magnetic level, increase speed and lower, or record previous distances and time and try to beat your personal best goals.

Mini Triathlon

Description:

WEEK 1 - BIKE	<p>SESSION GOAL: ALL ROUND-RIDER FITNESS</p> <p>Choose a static bike that you feel comfortable on. Adjust the seat height to one that works for you.</p> <p>Warm Up: 5 – 10 mins easy pedalling, gradually increasing the pace. Set bike up to ensure correct position, slight bend in the knee and upper body not over stretched.</p> <p>Main Set:</p> <p>3 mins fast pedal steady on a medium level – try level 4 or 5.</p> <p>2 mins slow climb (should feel heavy) at a higher level try 5 or 6.</p> <p>1 easy downhill at a lower level try 2 or 3.</p> <p>Repeat this session 3x.</p> <p>Warm Down:</p> <p>5 mins easy pedal bringing down the pace.</p>
WEEK 2 – RUNNING	<p>SESSION GOAL: KEEP ON RUNNING</p> <p>GO TRI is all about being smart and steady!</p> <p>Warm Up:</p> <p>Find a treadmill that you feel happy to work out on.</p> <p>5 – 10 mins walk/running gradually increase the pace</p> <p>Main Set:</p> <p>Aim to run at a steady pace until you need to rest, reduce to a steady walking pace for 60-90 seconds then back to run speed.</p> <p>Repeat as many times with a total time of 20-30 mins. Note your longest run time and aim to increase this by 10% next time you do this session. 8.5km/hr is a good target speed, but don't worry if you can't do this yet.</p> <p>Cool Down:</p> <p>5 – 10 mins walk, bringing down the pace with a gentle stretch.</p>
WEEK 3 – ROW	<p>SESSION GOAL: CONSISTENCY AND CONTROL</p> <p>Warm-Up:</p> <p>Loosen up by circling arms and swinging legs gently for 5 mins before you start rowing.</p> <p>Main Set:</p>

	<p>On the rowing machine, try to keep your split times (100,200,300m etc) under your goal target, whether that would be under 2,3, or 4 minutes. Try to focus on bigger pulls, rather than faster pace.</p> <p>Your goal is to either has a specific time, distance, or splits within your training session before finishing.</p> <p>Cool Down:</p> <p>2/3 minutes of very low intensity of rowing.</p>
<p>WEEK 4 - BIKE/RUN</p>	<p>SESSION GOAL: GET USED TO RUNNING OFF THE BIKE</p> <p>RUNNING OFF THE BIKE IS WHAT MAKES TRIATHLON SO UNIQUE – PREPARE FOR JELLY LEGS!</p> <p>Warm Up:</p> <p>Complete a 5 min easy pedal to warm up your legs.</p> <p>Main Set:</p> <p>Time a 15-minute steady and slow bike ride.</p> <p>Practice changing levels, pedalling through any tough sections and having a drink out of your water bottle.</p> <p>Get off the bike (dismount) and have a drink from your bottle and then choose a treadmill and set off on a ten-minute steady pace run. Your legs may feel wobbly to start, don't worry this is usual after the bike.</p> <p>Try to find a pace that you feel comfortable. Remember it is okay to walk if you find it too hard. Your legs may feel wobbly to start, don't worry this is usual after the bike.</p> <p>Cool down:</p> <p>After ten minutes slow down to a walk and walk for two minutes.</p> <p>Have a gentle stretch for five minutes to finish, calves, hamstrings, quads etc.</p> <p>Well done you have just done what is known as a brick session.</p>
<p>WEEK 5 – ROW/RUN</p>	<p>SESSION GOAL: 2 SPORTS IN ONE SESSION</p> <p>GETTING USED TO DOING TWO THINGS INSTEAD OF ONE CAN FEEL GREAT!</p> <p>Warm Up:</p> <p>3-5 minutes for cycling followed by stretching.</p> <p>Main Set:</p> <p>Practice for a slow pace but complete the distance you want to achieve for week 6. Focus on technique, being comfortable, and power. Remember, don't focus on pace or time, just make sure you finish the rower and have some energy left to move onto the running section.</p> <p>Set off on a 15 minute run at an even pace, trying to find a pace that you feel comfortable at. If you need to walk remember that is okay.</p>

	<p>Keep the arms nice and relaxed with a bend at the elbow and a smooth back and forwards motion.</p> <p>Cool Down:</p> <p>5 mins walk just to let your muscles relax and to bring your heart rate down.</p>
<p>Week 6 - MINI GO TRI</p>	<p>SESSION GOAL: PRACTISE PUTTING ALL 3 SPORTS TOGETHER</p> <p>PUTTING ALL THREE TOGETHER</p> <p>Warm Up:</p> <p>Know your row, bike, and running distances before you start. Stretch and light cycling for 3-5 minutes</p> <p>Main Set:</p> <p>You can now programme how far you want to travel on each station. Whether that might be 5k row, 10k bike, and 3k run or shorter/longer duration. Make sure you have your set distance marked down so you know specifically how far you will be travelling for. However, this is completely up to you due to how far you have been travelling within your training sessions.</p> <p>Tip: Once you have completed your 6 week cycle, go back to week one and increase the duration on time or distance so when you come back to week 6, you will be able to challenge yourself even more or, to improve your previous time.</p> <p>Cool Down:</p> <p>5 mins gentle stretching to finish.</p>