

CARDIO PROGRAM 4

For these next 2 cardio programs during the last week, we are going to increase the duration of the interval program. It's best to do this one running, either outside or on a treadmill.

For this program, you're going to switch between a slow pace and a faster pace. By slow, I mean an easy jog. Fast means a harder, quicker pace you don't have to sprint full out, but I want you breathing hard for the whole time.

You're going to do 8 sets of 3 min at a slow pace, then 1 min at a faster pace.

8 x (3 min slow/ 1 min fast)

The total program will take you 32 min to complete, but you should be tired by the end of it. If you aren't, you didn't go hard enough for your 1 min fast pace!