

Appendix chapter 6

Below you'll find with which sort of exercise suits you best.

Running outside: distance

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
2 minutes	200 meters	3 minutes	200 meters	3 minutes	100 meters	3 minutes
Set 4		Set 5		Set 6		
Moving	Rest	Moving	Rest	Moving	Rest	
100 meters	3 minutes	50 meters	3 minutes	50 meters	3 minutes	

Running outside: time

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
1 minute	2 minutes	2 minutes	90 seconds	2 minutes	1 minute	2 minutes
Set 4		Set 5		Set 6		
Moving	Rest	Moving	Rest	Moving	Rest	
45 seconds	2 minutes	30 seconds	2 minutes	20 seconds	1 minute	

Running inside on a treadmill

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
1 minute	3 minutes	2 minutes	2 minutes	2 minutes	1 minute	2 minutes
Set 4		Set 5		Set 6		
Moving	Rest	Moving	Rest	Moving	Rest	
1 minute	2 minutes	2 minutes	2 minutes	2 minutes	2 minutes	

Crosstrainer

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	R
2 minutes	2 minutes	2 minutes	90 seconds	2 minutes	1 minute	2 minutes
Set 4		Set 5		Set 6		
Moving	Rest	Moving	Rest	Moving	Rest	
40 seconds	2 minutes	30 seconds	2 minutes	20 seconds	2 minutes	

Exercise bike (low to average intensity)

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
2 minutes	2 minutes	2 minutes	2 minutes	2 minutes	90 seconds	2 minutes
Set 4		Set 5				
Moving	Rest	Moving	Rest			
1 minute	2 minutes	1 minute	2 minutes			

Exercise bike (high intensity)

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
2 minutes	1 minute	2 minutes	1 minute	2 minutes	30 seconds	2 minutes
Set 4		Set 5				
Moving	Rest	Moving	Rest			
20 seconds	2 minutes	20 seconds	2 minutes			

Cycling outside: distance

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
2 minutes	1600 meters	3 minutes	1600 meters	3 minutes	800 meters	3 minutes
Set 4		Set 5		Set 6		
Moving	Rest	Moving	Rest	Moving	Rest	
800 meters	3 minutes	400 meters	3 minutes	200 meters	3 minutes	

Cycling outside: time

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
2 minutes	4 minutes	3 minutes	4 minutes	3 minutes	3 minutes	3 minutes
Set 4		Set 5		Set 6		
Moving	Rest	Moving	Rest	Moving	Rest	
3 minutes	3 minutes	2 minutes	3 minutes	1 minute	3 minutes	

Swimming (in a pool of average size)

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
1 lap	6 laps	2 minutes	5 laps	2 minutes	4 laps	2 minutes
Set 4		Set 5		Set 6		
Moving	Rest	Moving	Rest	Moving	Rest	
3 laps	2 minutes	2 laps	2 minutes	1 laps	2 minutes	

Rope Skipping

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
1 minute	45 seconds	1 minute	1 minute	1 minute	45 seconds	1 minute
Set 4		Set 5		Set 6		
Moving	Rest	Moving	Rest	Moving	Rest	
30 seconds	1 minute	30 seconds	1 minute	20 seconds	1 minute	

Stepper

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
2 minutes	2 minutes	3 minutes	90 seconds	3 minutes	1 minute	3 minutes
Set 4		Set 5				
Moving	Rest	Moving	Rest			
45 seconds	3 minutes	20 seconds	3 minutes			

Rowing machine

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
1 minute	5 minutes	2 minutes	4 minutes	2 minutes	3 minutes	2 minutes
Set 4		Set 5				
Moving	Rest	Moving	Rest			
2 minutes	2 minutes	1 minute	2 minutes			

Trampoline

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
2 minutes	4 minutes	2 minutes	5 minutes	2 minutes	4 minutes	2 minutes
Set 4		Set 5				
Moving	Rest	Moving	Rest			
3 minutes	2 minutes	2 minutes	2 minutes			

Sprinting beginners

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
3 minutes (stretching)	50 meters	2 to 3 minutes	50 meters	2 to 3 minutes	50 meters	2 to 3 minutes
Set 4		Set 5				
Moving	Rest	Moving	Rest			
50 meters	2 to 3 minutes	50 meters	2 to 3 minutes			

Sprinting advanced

Warming up	Set 1		Set 2		Set 3	
	Moving	Rest	Moving	Rest	Moving	Rest
3 minutes (stretching)	100 meters	3 to 5 minutes	100 meters	3 to 5 minutes	100 meters	3 to 5 minutes
Set 4		Set 5				
Moving	Rest	Moving	Rest			
100 meters	3 to 5 minutes	100 meters	3 to 5 minutes			

Sprint intensive program (SIP)

Warming up	Round 1		Round 2		Round 3	
	Intensive	Calm	Intensive	Calm	Intensive	Calm
2 minutes	30 seconds	90 seconds	30 seconds	90 seconds	30 seconds	90 seconds
Round 4		Round 5		Round 6		
Intensive	Calm	Intensive	Calm	Intensive	Calm	
30 seconds	90 seconds	30 seconds	90 seconds	30 seconds	90 seconds	
Round 7		Round 8		Cooling down		
Intensive	Calm	Intensive	Calm	2 minutes		
30 seconds	90 seconds	30 seconds	90 seconds			