



Week 1 Exercise

INTERVAL

Interval training can supercharge your fitness, boost your metabolism, burn off that extra fat and start reaching those goals that you have set yourself. The length of the interval varies in time and depends upon the intensity you are performing at. Interval training can be performed using a variety of different exercise methods and it really is up to you what you choose.

Step 1. Pick a cardiovascular exercise type of your choice, either running, cycling, swimming, etc.

Step 2. Increase the pace to the intensity level required for your specific goal

Step 3. Maintain that pace for the required time period

Step 4. Reduce the speed down to a steady pace for the recovery period

Step 5. Repeat the required number of interval cycles

