

SPECIFIC AEROBIC CAPACITY

(Only to be performed once a week)

The purpose of this exercise is to activate both your aerobic and anaerobic energy systems. The set works by combining super high intensity (anaerobic) and followed by a short block of low easy intensity (aerobic). This is the best way to improve aerobic conditioning / Capacity (combined with additional sessions of continuous aerobic / easy jogging).

Please ensure you have enough space and are within a safe environment to perform the set.

WARM UP 5 minutes jogging or a mixture of jogging and walking.

MAIN SET

- 4 Rounds of the following Power Work
 - 30-40 seconds of maximum sprinting. This can be one straight run (if enough space) or perform as there and back (as many times as required). However, it must be an extremely hard effort for 30 seconds minimum.
 - Walk easy for 30-40 seconds for recovery
 - Take an additional 60-90 seconds stationary rest and then repeat
- After completing the 4 rounds above of power work (and having an additional minute's rest), go for an easy jog lasting around 20 minutes. If you need to take breaks, include some walking for no more than 30 seconds to maintain a steady heart rate.

Disclaimer: You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.