

PADDLEFISH “OFF-DAY” CARDIO WORKOUTS

Winter-Spring 2010

If you're not already doing a cardio workout on three days outside of our practices, it's a good idea to start, whether you want to get in shape for Nationals or just for your health. These will give you a full cardio workout, which will not only make your heart and lungs stronger, but will boost your metabolism for the whole day. You can choose what kind of exercise you do--anything that enables you to get your heart rate up (where it gets hard):

Any of the cardio machines you like, Running, Bicycling, Swimming, Jumping rope, etc.

These are short intense workouts, so you don't have to spend more than 30 minutes in a day, but they each have some sprinting. This has been shown to have as much benefit as a much longer but easier workout. We all know what it feels like to put everything we have into the last 20 seconds of a 500m piece--it's really hard, but it's short. So that's the idea of the sprint pieces--you'll only get the benefit if, for those seconds, it's hard and uncomfortable!

Warm-up and Cool-down

Warm up is 1-5 minutes of whatever exercise you're doing. Not intense, but progressively “brisker”--enough to get your heart beating at the low end of its aerobic range. Cool down is 1-5 minutes easy. All these workouts assume you do a warm-up and cool-down. Stretching is good, too, but it doesn't take the place of the warm-up and cool-down.

Levels of Effort

50% can hold a conversation, but breathing strongly (just into aerobic range).

65-70% means cannot finish a sentence without gasping for breath.

75-80% means cannot talk (feels hard)

85-90% means (feels really hard--have to tell yourself you can do it)

(treadmill can be adjusted either by speed or by angle)

Ten Minute Workout

If you only have ten minutes: here's what you can do: (you can get a great 30 minute workout by doing this at different times in the day)

Do 8 cycles continuously (4 minutes) of:

20 seconds easy (50%)

10 seconds hard (75%+)

2 minutes rest (stop or just really easy)

Repeat the 8 cycles (4 minutes)

(Variations:

1) make second set of sprints a little better than the first set

2) vary every other one: 50%, 75%, 50%, 80%, etc.

3) combine last two cycles into one longer one: 40 seconds easy, 20 seconds hard)

Ten-Minute Swimming Workout

Do 4 cycles of:

50 yards easy

25 yards sprint

5 seconds rest

2 minutes easy swim (try a different stroke)

Repeat the 4 cycles

Thirty Minute Workouts

Here are four different thirty(ish)-minute workouts.
You can also mix and match.

Workout 1: Bumpy Road

Do 4-6 cycles continuously (start with 4 and work up):

1:30 minute moderate (60-70%)

45 seconds hard (75-80%)

1:15 minute recover (50%)

2 minutes rest

Do 8 cycles continuously (4 minutes) of:

20 seconds easy (50%)

10 seconds hard (75%+)

(Variation: reverse order)

Workout 2. Big Hills

Do 3-4 cycles:

1 minute @ 50%

1 minute @ 60%

40 sec @ 70%

20 sec @ 80%

1 minute @ 50%

2 minutes easy after each cycle

Do 1 pyramid: (3:10 minutes)

40 sec @50%

30 sec @60%

20 sec @ 70%

10 sec @ 80%

20 sec @ 70%

30 sec @60%

40 sec @50%

2 minutes easy

Workout 3. Rolling Hills

Do 2 cycles:

2 minutes @ 50%, last 20 sec at 80%

2 minutes @ 65%, last 10 sec at 80%

2 minutes @ 50%, last 20 sec at 80%

2 minutes @ 65%, last 10 sec at 80%

2 minutes @ 50%, last 20 sec at 80%

2 minutes easy after each cycle

Workout 4. One big HILL

12 minutes @ 50%

10 minutes @ 60%

6 minutes @ 70%

2 minutes @ 80% (try to keep your pace)

2 minutes very easy

Thirty Minute Swimming Workout (1200-1500 yards)

3 x 50 yards, progressively faster, rest 15 seconds
between (work up to doing 3 sets of 3)

4 x 25 yards, sprint, 20 seconds between

Easy 50 yards

Do 4 cycles:

100 yards @ 50% (rest 15 seconds)

50 yards @ 60% (rest 15 seconds)

2 x 25 yards @ 75% (rest 15 seconds)

Easy 100 yards