

PLAN YOUR WORKOUTS

Balance your workouts so that you have a great mix of **intensity** and **active recovery** based on your levels of stress, quality of sleep and diet. BOTH PUSH! and REST are super important to getting the results you want! Don't cheat yourself by staying comfy all the time and not getting down and dirty but at the same time chronic fatigue is a setback that can stop you from seeing the results you're after. So... here we go!

Step 1: Determine your level - you may have progressed during the course of this challenge.

Step 2: Pick your Studio Training days and BOOK your workouts!

Step 3: Pick your Cardio/Interval Days (see OPTIMIZE YOUR WORKOUT) for interval ideas

Step 4: Schedule your Easier, Steady State or Active Recovery Days.

<p>Level 1 Relatively new to fitness, or it's been a while. Let's get started!</p>	<p>Level 2 You've been consistently working out 3-4 X per week for the past 2-3 months.</p>
<p>GOAL: 2-3 Strength Workouts at Ascend Fitness 2-3 Steady State Cardio Workouts 1-2 ACTIVE Rest Days: Active Rest = Yoga, Hiking or Swimming Lengths. Gives your body recovery while moving.</p>	<p>GOAL: 2-3 Strength Workouts at Ascend Fitness 2 Interval Cardio Workouts per week + 1 Steady State 1 ACTIVE Rest Days: Active Rest = Yoga, Hiking or Swimming Lengths. Gives your body recovery while moving.</p>

For Yoga to go Studio B Yoga in Garrison or check out some of our fave yoga videos:

www.ascendfitnesslifestyle.com/yoga



CARDIO EXPLAINED

WHAT IS STEADY STATE CARDIO?

Increase your pace so you can talk, but you cannot sing for 10-30 minutes.
Warm down + stretch! Ease into it if you're new to exercise!

INTERVAL WORKOUT 1

1 min on, 1 min off for 30 minutes. Too easy? Up the pace! Sprint for 1 minute, and run really easy for 1 minute. Finish with 10 minutes of balance work and stretching. Not a runner? Do the same interval on a bike, rower, etc.

INTERVAL WORKOUT 2

Warm up, then go 3 minutes HARD! 1 minute easy. 2 minutes HARD! 1 minute easy. 1 minute HARD! 2 minutes easy and repeat for 2-3 rounds. Warm down + stretch!

INTERVAL WORKOUT 3

Works best on a treadmill. Warm up, then go 1 minute run/ power walk at 2% incline, next minute at 4% incline, and next minute at 6% incline. Take 2 minutes to recover and repeat for 3-4 rounds! Warm down + stretch!

INTERVAL WORKOUT 4

10 min easy jog then Sprints! Sprint or run hard for 30/Rest 30-1 min. Repeat 5-10x.

Week 4

goal is to decrease rest to 30 seconds and up repetitions each week. So week 5 you do 10-15 reps etc. Not a runner? You can bike, swim, etc.

INTERVAL WORKOUT 5

Tabata training: pick a cardio activity (such as sprints, burpees, rowing, skipping, etc.). Set your timer for 20 seconds on, 10 seconds off for 8 rounds. Go HARD for 20 seconds, Take 10 seconds to recover and repeat for the 8 rounds. Take 2 minutes rest and repeat with another type of cardio activity. If you're short on time, one round of tabata training will do the trick! Be sure to warm up and warm down.

SAMPLE WORKOUT PLAN- INTERMEDIATE/ ADVANCED

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Active rest	Strength @ Ascend + 15 min cardio intervals	Run 5K	Strength @ Ascend + 20 min cardio intervals	Yoga + walk	Strength @ Ascend + 20 min cardio intervals	Metabolic interval Workout

SAMPLE WORKOUT PLAN- BEGINNER

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Active rest	Strength @ Ascend + 20 min moderate cardio	30-45 min moderate cardio	Strength @ Ascend + 20 min moderate cardio	Active rest	Strength @ Ascend + 10 moderate cardio	Yoga + walk