

Triple Triumph

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Great **cardio** workouts

If you're short of time but want to burn maximal calories during your workout, or you've hit a plateau with your fitness level, then interval training is your new best friend! Interval training involves alternating fast and slow efforts whilst using your favourite exercise ergometer or modality. This method pushes you into lactic acid generating territory that gets faster fat burning and body toning results than can be achieved with steady state cardio exercise. Sound good?

So don't let the cold weather put you off your cardio routine this winter. Hit the ergo machines with my three custom cardio workouts.

Each workout is packed into an intense 25 minute session. For the advanced exercisers amongst you continue working up to 35 minutes with the 'Add On' section. Adding my three workouts to your exercise programme will burn approximately 1,450 calories per week.

Start Monday with 'Triple Triumph Part 1: Trek on a Treadmill'. Midweek, spin into a frenzy with 'Triple Triumph Part 2: On Your Bike' and end your week in style with 'Triple Triumph Burn Part 3: Elliptical Excess'.

Simply turning up to a gym is not enough to get you results. You need to put the work in. I like to get in, workout and get out, simple! So, first complete some gentle dynamic stretches such as leg swings, alternating toe touches, wide arm circulations and alternate lunges and let's get going...

Triple Triumph Part 1: Trek on a Treadmill

The treadmill boasts one of the highest calorie-burn rates! You just need to commit to following a routine designed to make you sweat. If you can read a book or concentrate on a TV programme then you're not working hard enough!

Running Time (minutes)	Task	Speed (km/h)	Incline (%)	Interval Duration (minutes)
0-5	Warm-Up Walk	6.5-7.5	Level	5
5-10	Run	10.0-12.0	Level	5
10-11	Easy Jog	8.0	2-3	1
11-12	Sprint	14.0	2-3	1
12-14	Easy Jog	8.0	2-3	2
14-16	Sprint	13.0	2-3	2
16-19	Easy Jog	8.0	2-3	3
19-22	Sprint	12.0	2-3	3
22-25	Recovery Walk	6.0	Level	3

Add on:

25-27	Uphill Walk	7.5	5	1
27-28	Recovery Walk	6.0	Level	2
28-30	Uphill Walk	7.5	6	2
30-31	Recovery Walk	6.0	Level	1
31-33	Uphill Walk	7.5	7	2
33-35	Cool Down Walk	6.0	Level	2

Triple Triumph Part 2: On Your Bike

Vigorous spin classes can burn from 500-600 calories per hour, but you don't need to wait for a class to replicate the alternating sprints and recovery phases. My favourite self spin workout will get your legs burning and heart pumping, sending you into fat burning overdrive!

Cycling Time (minutes)	Task	Resistance	Cadence	Interval Duration (minutes)
0-3	Warm-Up	Easy	Slow	3
3-8	Strong, Consistent Pedal	Medium	Medium	5
8-10	Recover	Easy	Slow	2
10-15	Sprint Cycle: Five 30-second sprints with 30-second recovery ride between each sprint	Hard for sprint, easy for recovery	Fast for 30-second sprint, slow for 30-second recovery	5
15-18	Recover	Easy	Slow	3
18-23	Sprint Cycle: Five 30-second sprints with 30-second recovery between each sprint	Hard for sprint, easy for recovery	Hard for sprint, easy for recovery	5
23-26	Recover	Easy	Slow	3

Add on:

26-31	Sprint Cycle: Five 30-second sprints with 30-second recovery between each sprint	Hard for sprint, easy for recovery	Hard for sprint, easy for recovery	5
31-34	Recover	Easy	Slow	3
34-35	Cool Down	Easy	Slow	1

Triple Triumph Part 3: Elliptical Excess

The Elliptical machine boasts a calorie burn close to that of the treadmill and replicates similar movement patterns without the impact on your joints. This third instalment of my Triple Triumph features 60-second sprint efforts with equal recovery and further sets of 30-second sprint efforts in the 'Add on'. Make sure to go 'all out' on these efforts with a resistance that pushes you to your max on each one.

Running Time (minutes)	Task	Resistance	Interval Duration
0-3	Warm Up	Easy	3
3-8	Strong run, increasing intensity.	Moderate to Hard	5
8-10	Steady Run	Moderate	2
10-22	Sprint Cycle: Six 60-second sprints with 60-second steady run between each sprint.	Hard for sprint, moderate for steady run.	12
22-24	Strong run	Moderate to Hard	2
24-25	Recover	Easy	1

Add on:

25-31	Sprint Cycle: Six 60-second sprints with 60-second steady run between each sprint.	Hard for sprint, moderate for steady run.	6
31-34	Strong run	Moderate to Hard	3
34-35	Recover	Easy	1

There you have it – My Triple Triumph Cardio Burn. Don't forget to do your strength workouts in the form of weighted circuits or vibration training on the alternate days and enjoy your must have rest day for adaptation and fitness improvements to take place.
Happy Training!



Caroline Pearce is a former International athlete and fitness and nutrition consultant. She is the director of JustSlim, the online weight loss programme that

creates a personalised nutrition plan for you, giving you the body and energy you need to enjoy your life, whatever life throws at you. You can access your JustSlim plan online anytime, anywhere.

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