

Advanced Cardio - 30-Minute Workout



This advanced interval training workout will help you burn more calories and build endurance by alternating medium-high intensity intervals and recovery periods. The intervals range from 30-60 seconds and involve speed, incline/resistance or both, making this a non-stop cardio blast. This workout is shown using a treadmill, but you use any cardio machine, do it outside or try any activity you enjoy. For each high intensity interval, you'll be working up to between 7-9 on this [Perceived Exertion Scale](#) and some may take you into your [anaerobic zone](#), an advanced level of training that builds lung capacity and helps you fight fatigue more efficiently. Modify the workout as needed and back off if you feel any pain or discomfort. This workout is designed to push your limits, but always listen to your body.

Precautions

See your doctor before trying this workout if you have any injuries, illnesses or other conditions. This workout is for intermediate/advanced exercisers.

Equipment Needed

A treadmill, other cardio machine or cardio activity of your choice

How To

- Perform each interval as shown, using speed, incline/resistance or both to work up to the suggested [Perceived Exertion](#)
- If you feel you're working harder than is comfortable, increase your recovery intervals and decrease the intensity intervals
- If you feel you're not working hard enough, increase your speed, incline or both to add intensity
- Modify the workout to fit your fitness level and goals

Time	Intensity/Speed	Incline/Resistance	Perceived Exertion
5 min.	Warm up pace	1%	Level 4-5
1 min.	Sprint - Increase speed	1-2%	Level 7

1 min	to a hard pace Recovery - Reduce speed to a comfortable pace. This is your baseline.	0%	Level 5
1 min	Sprint - Increase speed to a hard pace	2%	Level 8
1 min	Baseline	0%	Level 6
1 min	Sprint - Increase speed to a hard pace	2%	Level 8-9
1 min	Baseline	0%	Level 6
1 min		2-3%	Level 8-9
	Sprint - Increase speed to a hard pace		
1 min	Baseline	0%	Level 6
1 min	Sprint - Increase speed to a hard pace	3%	Level 9
2 min	Baseline - recovery	0%	Level 5
30 seconds	Sprint - All out	0%	Level 9
30 seconds	Baseline or slower	0%	Level 4-5
1 min	Keep speed the same and increase incline/resistance as high as you can	10%	Level 8
1 min	Baseline or slower	0%	Level 4-5
30 seconds	Sprint - All out	0%	Level 9
30 seconds	Baseline or slower	0%	Level 4-5
1 min	Keep speed the same and increase incline/resistance as high as you can	10%	Level 8
1 min	Baseline or slower	0%	Level 4-5
30 seconds	Sprint - All out	0%	Level 9
30 seconds	Baseline or slower	0%	Level 4-5
1 min	Keep speed the same and increase incline/resistance as high as you can	10%	Level 8
1 min	Baseline or slower	0%	Level 4-5
2 min	Baseline - recovery	0%	Level 4-5
3 min	Cool down	0%	Level 3-4
Total Workout Time: 30 min			