

A woman with her hair in a ponytail, wearing a black sports bra and leggings, is running up a set of stone steps in a lush, green park. The background is filled with trees and foliage, creating a natural and serene setting. The text 'Beginner's Guide To Interval Training' is overlaid in white, serif font across the center of the image.

Beginner's Guide To Interval Training

SIRENABERNAL.COM

Beginner Interval Workouts

<http://www.SirenaBernal.com>

Interval Workout # 1: The Metabolism Booster

Great for: Beginners, or if you're looking for a classic interval workout. Simple yet highly effective.

Treadmill Usage: Use the "Interval" setting

Time: 20 minutes

1. Warm up on the treadmill for 5 minutes (try to reach 60% of your MHR) keeping the incline between 1-2%. Gradually build up to a brisk walk during the Warm-up
2. Starting at the 5-minute mark, increase the intensity of your workout by increasing the speed to an easy jog. If you choose to walk, increase the speed to a brisk walk instead.
3. Jog or briskly walk for 30 seconds (work), follow this up with a 60 second walk (rest).
4. Repeat this cycle until you hit the 20-minute mark, gradually increasing the intensity of the "work" each interval.

Interval Workout #2: Hill Sprints aka Summit Ave

Great for: Intermediate workouts, if you're looking for a great lower body workout.

Treadmill Usage: Manual

Time: 20 minutes

3 Minutes	Warm up: Start with a moderate pace to gradually warm up	3-4
2 Minutes	Baseline: Increase incline/resistance and speed to slightly higher than comfortable pace. 4-6% incline.	5
3 Minutes	Pyramid Up: Increase the incline 1% every 30 seconds until you reach 10-12%	7
3 Minutes	Hill Intervals: Keep the incline the same, but lower the speed for 30 seconds. Increase the speed to a brisk walk or jog for 30 seconds. Lower speed back down to a slow walk. Repeat 3 x times.	8-9
2 Minutes	Pyramid Down: Decrease incline 1% every 15 seconds until you get back down 4-6%.	7
2 Minutes	Baseline: Decrease speed/incline to recover back to baseline	5
5 minutes	Cool down	3-4

Interval Workout #3: Core Blast

Great for: If you're short on time, have no equipment, if you're on the road, want to focus on your core

Equipment: Jump Rope

Time: 8-10 minutes

- Jump Rope: 20-30 seconds
- Front Plank: 30-60 seconds
- Jump Rope: 20-30 Seconds
- Right Side Plank: 20-40 seconds
- Jump Rope: 20-30 Seconds
- Left Side Plank: 20-40 seconds
- Jump Rope: 20-30 Seconds
- Hip Bridge (or single leg): 12-15 reps, or 6-8 each leg
- Jump Rope: 20-30 seconds
- Abdominal Crunch w/ Leg lower: 8/side
- Jump Rope: 20-30 seconds
- Superwoman's: 12-15 reps