

Cardio Workouts | MpowerFitness

POOL RUN Session 1	SETS	WORK	RATINGS	RECOVERY
Warm-up	3x	45sec	5	15secs
P O O L	4x	2mins	7+	30secs
	5x	1min	8+	30secs
	6x	30secs	9+	30secs
POOL RUN Session 2	SETS	WORK	RATINGS	RECOVERY
Warm-up	2x	90sec	Build to 5	30secs
P O O L	4x	2mins	7+	30secs
		90sec	8+	30secs
		1min	9+	30secs
POOL RUN Session 3 Set 1	SETS	WORK	RATINGS	RECOVERY
Warm-up	2x	60sec	Build to 6	15secs
P O O L	8x	60sec	6	15secs
		45sec	7	15secs
		30secs	8	15secs
		Hypoxic Bursts (without belt-without O2)	8+	Easy swim back

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POOL RUN Session 4	SETS	WORK	RATINGS	RECOVERY
Warm-up	2x	2min	Build to 6	30secs
P O O L	10x	10sec EASY/20 sec HARD	2/8	1min after set
	10x	15sec EASY/15 sec HARD	2/9	1min after set
	10x	20Sec EASY/10 sec HARD	2/10	1min after set
	10x	underwater surges (without belt)	8+	Swim back
POOL RUN Session 5	SETS	WORK	RATINGS	RECOVERY
Warm-up	2x	2min	Build-5	30secs
P O O L	8x	1mins	8+	30secs
	5x	40secs	MAX	20secs
	5x	30secs	MAX	30secs
	5x	20secs	MAX	40secs
	8x	1min	8+	30secs
POOL RUN Session 6	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	90sec	Build-7	30secs
P O O L	4x	4 x 300's (35secs)	7+	25sec jog
		6 x 150's (20 secs)	8+	40sec jog
				1 min between sets

POOL RUN <u>Session 7</u>	SETS	WORK	RATINGS	RECOVERY
Warm-up	3x	3min	8	2min
P O O L	4x	1min	9	15sec jog
	10x	10sec/20sec/30sec	MAX/8/3	
	3x	3min	8	2min
POOL RUN <u>Session 4</u>	SETS	WORK	RATINGS	RECOVERY
Warm-up	2x	90secs	Build to 6	30secs
P O O L	20x	15sec EASY/15 sec HARD	2/9	2min after set
	10x	Hypoxic Bursts (without belt)	8+	Swim back
	20x	15sec EASY/15sec HARD	2/9	2min after set
	10x	Hypoxic Bursts (without belt)	8+	Swim back

ROW Session 1	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	90sec	Build to Lvl 12	
R O W	3x	3min	800m+	1min
	4x	2min	550m+	45sec
	5x	1min	300m+	30sec
ROW Session 2	SETS	WORK	RATINGS	RECOVERY
	1x	5min	1.2km	
R O W		4min	1.0km	1min
		3min	800m	1min
		Repeat in reverse		1min
ROW Session 3	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	2min	Build to RPE 5	
R O W	1x	5min	1.2km +	1min
	8x	30sec	150m+	30sec
	1x	5min	1.2km+	1min
	8x	30sec	150m+	30sec
	1x	5min	1.2km+	1min
ROW Session 4	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	3min	1min each @RPE 3,4,5	30sec
R O W	1x	3min	800m+	1min
	7x	2min	1min @ RPE 9, 20secs rest, 20s sprint, 20secs rest	2 min(after 7 sets)
	10x	20sec	sprint	10sec
	1x	30mins	800m+	

ROW Session 5	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	2min	Build to RPE 5	
	3x	4min	1.0km+	1min
		3min	800km+	1min
		2min	500km+	1min
		1min	300m+	1min
ROW Session 6	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	3min	1min each @ RPE 3,4,5	1min
		10min	All 30 sec @ RPE 8,30sec @RPE 5	1min
R O W		5min	1.2km+	1min
		6min	Build 2min each @ RPE 6/7/8	1min
		5min	1.2km+	1min
		10min	All 30 sec@ RPE 8, 30 sec @ RPE 5	1min
ROW Session 7	SETS	WORK	RATINGS	RECOVERY
Warm-up	2x	2min	Build to RPE:5	30sec
	8x	1min	300m+	30sec
R O W	5x	40sec	200m+	20sec
	5x	30sec	150m+	30sec
	5x	20sec	100m+	40sec
	8x	1min	300m+	30sec

ROW Session 8	SET S	WORK	RATINGS	RECOVERY
Warm-up	1x	30sec	RPE 4	30sec
R O W	3x	2min	550M+	30sec
		3min	1min each at RPE 6,7,8	30sec
		2min	2x (20sec @RPE8, 20sec @max, 20sec rest)	30sec
		3min	90sec @RPE 6, 90sec @ RPE 9	30sec
		2min	1min @RPE 5, 1min @max	30sec
ROW Session 9	SET S	WORK	RATINGS	RECOVERY
Warm-up	1x	3min	Alternate RPE3-5	1min
R O W		5min	1.2km+	1min
		5min	5 x(30sec @RPE 9, 30sec@RPE 3)	1min
		5min	RPE & (incl 5 x 10s sprints)	1min
		5min	5x (20sec each @ RPE 5,7, 9 – random order)	1min
			Repeat (not including warm up)	1min
	1x	5min	Max distance/effort	
ROW Session 10	SET S	WORK	RATINGS	RECOVERY
Warm-up	1x	2min	RPE 5	1min
R O W	4x	5min	2min @RPE 6, 1min @ RPE 5, 2min @ RPE 6	1min
		30sec	10sec max sprint;20s rest	
		30sec	15sec max sprint; 15s rest	
		30sec	20s max sprint; 10s rest	1min
		5min	2min @RPE 6, 3min@RPE 9, 2min @RPE 6	1min

BIKE Session 1	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	90sec	Build to 5	
B I K E	3x	3min	7	1min
	4x	2min	8	45sec
	5x	1min	9	30sec
BIKE Session 2	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	5min		
B I K E		4min	7 (incl 3 x 20s fast surges @ 9)	1min @3
		3min	8	1min @3
		Repeat in reverse	9	1min @3
BIKE Session 3	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	2min	Build to 5	
B I K E	1x	5min	7	1min @3
	5x	30sec	9	30sec @3
	1x	5min	5 x (20sec each @5,7, 9)	1min @3
	5x	30sec	9	30sec @3
	1x	5min	7	1min @3
BIKE Session 4	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	2min	Build to 5	
B I K E	1x	5min	7	1min @3
	7x	30sec	9	30sec @3
	10x	5min	5 x (20sec each @5,7, 9)	1min @3
	1x	30sec	9	30sec @3
BIKE Session 5	SETS	WORK	RATINGS	RECOVERY
Warm-up	1x	2min	Build to 5	
B I K E	3x	4min	7	1min @3
		3min	8	30sec @3
		2min	9	1min @3
		1min	3 x (10sec sprint, 10sec spin)	30sec @3