















CVI Aerobic Capacity

(AC) WORKOUT #1

PURPOSE: Increase the amount/volume of oxygen that our muscle cells consume. This will increase your tolerance to the lactic acid burn you feel and how quickly your muscles flush out the lactic acid.

DESCRIPTION	ZONE	TIME
Warm up		5:00
Ramp intensity every 60 seconds to get HR into yellow		5:00
Ramp intensity every 15 seconds to get HR into red		2:00
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed.)		2:00
Repeat for a total of 3X		
Maximal effort		0:30
Recovery		0:30
Repeat for a total of 5X		
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed.)		3:00
Maximal effort		0:40
Recovery		0:20
Repeat for a total of 6X		
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed.)		1:00
Maximal effort		0:40
Recovery		0:20
Repeat for a total of 6X		
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed.)		1:00
Cool down/stretch		1:00
TOTAL		45:00

MYZONE KEY:

MYZONE COLORS AND EXPLANATION	% OF MAX	RATE OF PERCEIVED EXERTION (RPE)
ANAEROBIC CAPACITY Max effort. Very uncomfortable and intense. Breathless.	90-100%	10 VIGOROUS
LACTATE THRESHOLD Uncomfortable, challenging. Could talk but don't want to.	80-89%	8-9 INTENSE
TEMPO Steady-state endurance. Breathing is deeper. Can speak in short sentences.	70-79%	5-7 MODERATE
AEROBIC THRESHOLD Comfortable work. Can hold a conversation.	60-69%	3-4 LIGHT
ACTIVE RECOVERY Very comfortable and easy.	50-59%	2 EASY