















# CVI Anaerobic Endurance

## (AnE) WORKOUT #1

**PURPOSE:** Enhances the production of energy when oxygen is not sufficient to burn fat. By integrating these anaerobic workouts in your program, you will increase your efficiency to use fat as energy at higher heart rates and increase your lactic acid threshold.

**PLEASE NOTE:** You will be holding yellow for longer than you are used to! Pace and heart rate are different. With the effects of cardiac drift, you should be able to hold a yellow heart rate longer than 2 minutes. Pace/resistance will be adjusted as time goes on in order to keep the heart rate in yellow and prevent it from going into red. By increasing and decreasing work rate, you can keep the heart rate elevated for longer periods of time.

DESCRIPTION	ZONE	TIME
Warm up		5:00
Ramp intensity to get HR into green		1:00
Hold intensity		1:00
Increase speed to get HR into yellow		1:00
Maximal effort, high		1:00
Recovery		0:30
Repeat for a total of 5X		
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed.)		2:00
Ramp intensity to get HR into green		1:00
Hold intensity		1:00
Increase speed to get HR into yellow		1:00
Maximal effort, mid-high		2:00
Recovery		1:00
Repeat for a total of 4X		
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed.)		3:00
Ramp intensity to get HR into yellow		2:00
Maximal effort/Quick pickup		0:40
Recovery		0:20
Repeat for a total of 6X		
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed.)		
Cool down/stretch (on your own)		1:30
<b>TOTAL</b>		<b>45:00</b>

### MYZONE KEY:

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