

# CVI Combo Workout #1

**PURPOSE:** Mix things up! This works all of the metabolic (or energy) systems..

DESCRIPTION	ZONE	TIME
Warm up		5:00
Ramp intensity every 60 seconds to get HR into green		
The following intervals are all in green. HR floats between 70-80%		
Flat		1:00
Repeat for a total of 2X		
Hill		2:00
Flat		2:00
Repeat for a total of 2X		
Ramp up to yellow		1:00
Pick up to 100% or FAILURE		0:45
Back off		0:15
Repeat for a total of 5X		
Pick up to 100% or FAILURE		0:30
Back off		0:30
Repeat for a total of 4X		
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed)		3:00
Pick up to 100% or FAILURE		0:45
Back off		0:15
Repeat for a total of 5X		
Pick up to 100% or FAILURE		0:30
Back off		0:30
Repeat for a total of 4X		
Recovery (Treadmill users walk <3, bike/elliptical/stepmill – resistance light and slow speed.)		1:00
Cool down/stretch on your own		
<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