

# ***Cardio Training Ideas***

**Off season** 3-5 days a week

**In Season** 2-3 days week – depending on workload

- 60-80% of your max heart rate
  - (easy calculation is  $220 - \text{your age} = \text{max heart rate}$  x .6 and x .8 = 60 to 80% Target Heart Rate)
- Work your way up to 10 min, optimal is 20-30 min of cardio

Any variation of the following:

*Stair climber* – Great to access the posterior chain – Glutes and Hamstrings

*Cycling* – Upright bike is better than recumbent. – Best to put your heel into the strap to access the posterior chain- glutes and hamstrings. Clip on will make you use your hip flexors more

*Swimming* – Swimming laps or working the Deep-water Circuit

*Rowing* – Great for upper body warmup, avoid pinching the hip flexors at the start position

*Running*- Start small and build, best on asphalt and not concrete due to forces and impact on the knees

*Treadmill* - Speed walking– with incline

*HIIT Classes, Kick Boxing and Boxing Class*- Great full body work out

*Elliptical* – Last result – due to the pedals putting your feet and stance wider than pelvis