



ADVANCED CARDIO

Bike &
Stair Climber

Approx 50 mins

Warm-Up (8 mins)

Why: Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

Foam Rolling (3 min)

Quads, Hamstrings, Calves, Upper Back: 30 sec each

- How: Slowly roll each area, pausing on tight spots.
- Why: Reduces stiffness and improves mobility

Dynamic Warm-Up (5 min)

- Butt Kicks: 1 min.
- Dynamic Lunges: 10 reps
- Arm Circles: 1 min
- Torso Rotations: 1 min

RPE Scale Reference

- **RPE 1–2:** Very light, easy pace
- **RPE 3–4:** Light, warm-up pace
- **RPE 5–6:** Moderate, can talk but slightly breathless
- **RPE 7–8:** Hard, can speak a few words
- **RPE 9–10:** Very hard, maximum effort

Main Workout (30 mins)

Bike VO2 Max Intervals – 6 sets

- Time: 6 x 2 min at RPE 9, 2 min easy at RPE 4
- How: Pedal at 90% your max RPM, maximal resistance.
- Why: Elevates aerobic capacity and leg power.

Stair Climber Death Pyramid

- Time: 4–3–2–1 min at RPE 8, 1 min rest in between each at RPE 4
- How: Step at a consistent quick pace, upright posture, use handrails lightly.
- Why: Brutal lower-body endurance test

Core & Balance (10 mins)

Single-Arm Farmer's Carry (Heavy weight kettlebell): 3 x 30 sec/arm

- How: Hold heavy weight at side, walk tall, core braced, switch arms halfway, repeat.
- Why: Challenges anti-lateral core stability.

Ab Wheel Rollouts: 3 x 10 reps

- How: Kneel, grip ab wheel, roll forward with straight arms, core braced, then return slowly.
- Why: Strengthens entire core, improves posture, stability, and reduces back pain risk.

Side Plank with Row: 2 x 12 reps per side (with dumbbell)

- How: Side plank, hold cable or dumbbell, row elbow to ribcage, control return, switch sides.
- Why: Strengthens obliques and stabilisers.

Cool-Down (7 mins)

Why: Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Slow Treadmill Walk: 2 min at RPE 2

- How: Walk at easy pace to lower heart rate.

Standing Quad Stretch: 30 sec per leg

- How: Pull foot to glute, keep knees together.

Seated Hamstring Stretch: 30 sec per leg

- How: Sit, extend leg, reach toward toes.

Chest Opener: 30 sec

- How: Clasp hands behind, lift arms, open chest.

Triceps Stretch: 30 sec per arm

- How: Reach hand down back, gently pull elbow.

Programming Notes

- Progression: Add 5% resistance weekly or reduce rest by 10 seconds.
 - RPE Adjustments: Scale efforts to maintain form; avoid RPE 10 unless specified.
 - Hybrid Tips: Pair with kettlebell swings or sled pushes for CrossFit-style conditioning.
- This plan combines elite-level cardio, stability, and core work for athletes aiming to maximise performance and endurance.