



ADVANCED CARDIO

Treadmill &
Ski Erg

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)

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

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

Dynamic Warm-Up (5 min)

- Arm Circles: 30 sec each direction
- Leg Swings: 30 sec/leg
- Bodyweight Squats: 15 reps
- March in Place: 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)

Treadmill Sprints – 8 sets

- Time: 8 x 30 sec at RPE 9, 1 min walk at RPE 3
- How: Sprint at nearly maximum running pace, recover at walking pace.
- Why: Maximises anaerobic power and VO2 max.

Ski Erg Pyramid

- Time: 1-2-3-4-3-2-1 min at RPE 7, 1 min rest in between each.
- How: Pull handles explosively, engage core.
- Why: Builds full-body endurance and lactate threshold.

Core & Balance (10 mins)

Single-leg Romanian deadlift (weighted): 4 x 8 reps per leg

- How: Hold weight (example 10kg dumbbell), hinge at hips, return to stand.
- Why: Enhances balance and posterior chain strength.

Dragon Flag Progressions: 3 x 8 reps

- How: Lie on bench, lift legs/hips vertically, lower slowly.
- Why: Targets entire core under tension.

Weighted Russian Twists: 2 x 20 reps (Example 10kg medi-ball)

- How: Sit, lean back, twist torso side to side.
- Why: Trains rotational core strength.

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.

Shoulder Stretch: 30 sec per arm

- How: Pull arm across chest, hold.

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.