

Cardiovascular Fitness Training

OUTLINE

- **Steady State Cardio**
 - Maintaining a consistent, moderate level of intensity for an extended period of time.
 - **High Intensity Interval Training (HIIT)**
 - Alternating between short bursts of intense exercise and rest periods.
 - **Circuit Style Training**
 - Exercise that involves moving between several exercise stations with little to no rest in between.
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OUTCOMES

- **Increased Metabolic Effect**
 - Body Temperature
 - Respiration Rate
 - Heart Rate
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INSTRUCTION

- **WARM-UP / JOG**
 - 1-2 laps
- **SLINKY SPRINT**
 - 1-2 laps
- **SPRINT / JOG**
 - 1-2 laps
- **SPRINTS (“LITTLE BUBBA”)**
 - 2-4 reps
- **SUICIDES**
 - Variable

[What Is Perfect Running Form? | Run Technique Tips For All Runners](#)

Running Form/Cues [order may vary]

- High knees
- Butt kicks
- Skips [height]
- Skips [distance]
- Bounds

[Common Running Form Mistakes !\[\]\(99f58673407353e96a019fbca558fd72_img.jpg\) !\[\]\(2113e5cba4d11862fa536c379e9b61cd_img.jpg\) - YouTube](#)

Resources:

[PublicSafetyCLT.com - "There's Something About the Way They Run"](#)