

20(ish) Minute SMASH IT Sessions

Always warm-up fully before doing any of the following sessions and cool down when you finish.

A good warm-up is around 5 minutes at a steady pace with a couple of lighter intervals before you hook in.

A good cool down is 3-5 minutes at a very slow pace to bring your heart rate down.

SESSION ONE: Treadmill Hill Runs

3 minutes at 4% incline at 8kph or above alternated with 1 min at 5kph – repeat 3 times

2 minutes at 5% incline at 8kph or above alternated with 1 min at 5kph – repeat 3 times

1 minute at 6% incline at 8kph or above alternated with 1 min at 5kph – repeat 3 times

SESSION TWO: Treadmill Running / Sprinting Intervals

2 minutes at 10kph or higher alternated with 1 min walk at 6kph – repeat 4 times

1 minute at 11kph or higher alternated with 1 min walk at 6kph – repeat 5 times

30 seconds at 13kph or higher alternated with 30 sec standing rest (stand on side of treadmill for rest, jump back on and hold on till you have your feet then let go and sprint)

SESSION THREE: Stationary Bike Intervals

Sprint 20 seconds then recovery for 20 seconds – repeat for 8 minutes

Steady pace ride for 2 minutes then repeat the above.

Sprint 15 seconds then recover for 15 seconds – repeat for 8 minutes

Steady pace ride for 2 minutes.

SESSION FOUR: Elliptical Intervals

Sprint 30 seconds then recovery for 30 seconds – repeat for 5 minutes

Steady pace for 2 minute then repeat the above.

Sprint 20 seconds then recover for 20 seconds – repeat for 5 minutes

Steady pace for 2 minutes.

Sprint 15 seconds then recover for 15 seconds – repeat for 5 minutes

Steady pace for 2 minutes.

SESSION FIVE: Rower Intervals

20 second sprint then 40 second recovery – repeat for 5 minutes

10 second sprint then 10 second recovery – repeat for 3 minutes

Steady pace for 2 minutes.

200m sprints as fast as you can then recover for 50m – repeat for 10 minutes

SESSION SIX: Circuit

Skip for 3 minutes

20 Star-jumps / 20 burpees / 20 step-ups each leg / 20 butt kicks – repeat for 3 minutes

Skip for 3 minutes

20 shuttle runs / 20 jump squats / 20 squat press / 20 quick feet – repeat for 3 minutes

Skip for 3 minutes

20 Box jumps / 20 Up & Overs / Mountain Climbers / 20 toe taps – repeat for 3 minutes

Skip for 3 minutes.

Cardio