



SAINT KENTIGERN

Aerobic Capacity Protocols

Build your body's ability to work at low intensities for long periods of time & Increase recovery!

Aim: increase how much blood the heart can pump with each beat, i.e. the volume of blood per beat.

Goal: Improve the hearts endurance abilities, a Bigger heart can pump more blood with greater efficiency.

Guidelines:

- Lower and steady Heart Rate 125-150 BPM
- Continuous training method 20 - 30 minutes (if possible, start at a distance and/or pace you can sustain).
- 1-3 sessions per week. Ensure you are fully recovered between sessions.

Option 1: Run / Rower / Bike / Swimming (Long slow distance).

- A. Continues Output method: 20 - 30 minutes on 1 piece of equipment/running.
 - B. Continues Output method: 10 + minutes at on 3 different pieces of equipment.
- Rest 2 to 5 minutes between 10-minute blocks.



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Warm Down

• Everyday go through one of these basic stretching routines, pick 1 from below. Go through in a circuit style fashion and follow as below.

A. Performing each stretch for a 10 to 20 second hold.

B. Then relax for another 10 seconds

C. Then go deeper into the stretch for another 10 to 20 second hold.

• Go through the circuit as many times as you need to until you feel warm and ready to move onto the workout of the day.

