

Splashdown Template

Recommended Music BPM: 128- 132

Objective: To fill in the template with the exercises of your choice

Warm-up Interval - 4 Exercises

:90 Work /: 45 Recovery

Work Exercise 1

Active Recovery 1

Work Exercise 2

Active Recovery 2

Work Exercise 3

Active Recovery 3

Work Exercise 4

Active Recovery 4

Aerobic Interval - 5 Exercises

:60 Work/:30 Recovery

Work Exercise 1

Recovery 1

Work Exercise 2

Recovery 2

Work Exercise 3

Recovery 3

Work Exercise 4

Recovery 4

Work Exercise 5

Recovery 5

Strength Interval - 6 Exercises

:40 Work/: 20 Recovery

Recovery can be complete rest if you choose

Work 1

Recovery 1

Work 2

Recovery 2

Work 3

Recovery 3

Work 4

Recovery 4

Work 5

Recovery 5

Work 6

Recovery 6

Power Interval - 7 Exercises

:30 Work/: 15 Rest

:15 complete rest after each exercise

Work 1

Work 2

Work 3

Work 4

Work 5

Work 6

Work 7

Tabata Interval - 8 Exercises

:20 Work/ :10 Rest

:10 seconds of complete rest after each exercise

Work 1

Work 2

Work 3

Work 4

Work 5

Work 6

Work 7

Work 8

Max Interval – 9 exercises

:10 Work/:05 Rest

:05 of complete rest after each exercise

1.

2.

3.

4.

5.

6.

7.

8.

9.

Aerobic Cool Down

Active Stretch