



STEPPER 30min SPEED PLAY (Fartlek)

This program is designed to enhance overall fitness by improving cardiovascular endurance, building muscular stamina, and promoting calorie burn. Fartlek training combines bursts of high-intensity effort with recovery intervals, making it effective for boosting endurance while helping to burn fat.

While it primarily targets fat-burning, it also engages muscles intensively, contributing to toning and conditioning rather than significant muscle mass loss. It's ideal for clients aiming to achieve better fitness levels, improve stepping efficiency, and manage weight. Let me know if you'd like further adjustments or refinements

Warm-Up (5 minutes)

- RPE: 3-4 (light effort, easy pace)
- SPM: 70-80 (slow and steady)
- Purpose: Gradually increase heart rate and prepare muscles for the workout.

SPEED PLAY (Fartlek) (30 minutes)

Alternate between different intensity level bursts:

Example:

High Intensity - 30 Seconds:

- RPE: 8-10 (hard effort—challenging but sustainable)
- SPM: 120-130 (fast and strong strides)

Into

Low Intensity (Recovery) - 2 minutes:

- RPE: 3-5 (light to moderate effort—catch your breath)
- SPM: 70-90 (slow recovery pace)

Change this pattern Randomly for a total of 20 minutes.

Cool Down (5 minutes)

- RPE: 3-4 (easy effort)
- SPM: 70-80 (relaxed pace)
- Purpose: Bring heart rate back down and finish strong.
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Tips for Execution:

- Focus on maintaining good form and rhythm throughout.
- Adjust their effort level based on your perceived exertion, rather than forcing fixed metrics.
- If you are new to this, start with shorter high-intensity bursts and longer recovery intervals, gradually progressing over time.

For More or any Questions reach out to me on:

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