



"The Terrible 21"

This format is a universal interval workout that can be used with any type of major "cardio" movement. It is based on **perceived personal intensity**. I.e. 50% for you may be the equivalent of walking up three flights of stairs; to an Olympian, it may represent a slow run. Usually, with a running workout for example, for me, 50% is my fastest walk. Naturally, 100% represents an all-out sprint (but be careful on your 100's, injury can happen so it's crucial you know what a true "performance" 100 really is. If it injures you, it's over 100. No good.)

What I like best about this program is, it keeps your heart rate high; isn't boring; and yields maximum results in a short amount of time. You do need a wrist watch or someone to tell you when the minutes pass

