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proudly present:

**MONTHLY
HEALTH & WELLNESS
CONTENT for JCCs**

Interval Training is a great way to improve your speed and endurance. Training ratios are traditionally one part rest to one part work. As your endurance starts to improve, you can increase the ratio of your workout to rest cycle.

How to do it:

- Warm up at a light to moderate pace for 8 minutes.
- Ramp speed up to 8 – 10 miles per hour, hold pace for 30 seconds.
- Jump off and rest for 30 seconds. Repeat cycle 10 times.
- Cool down at a light walking pace for 3 -5 minutes.

Primary Movers: Most lower body muscles, heart and lungs

Benefits: Cardiovascular endurance

