



- TRAIN SMARTER -

An important concept to understand is that exercises, and modes, are simply a means to an end. What your body truly recognizes is volume (how much or how long) and intensity (how hard).

Running is our preferred method for our Work Capacity Training (high intensity) and Aerobic Capacity Training (Low Intensity). That being said you can substitute running out with other modes. This may be appropriate due to injury, lack of space (globo-gym), or simply preference.

We use the same distance for running, rowing, and the ski erg. We double that distance for the C2 bike. These are not perfect conversions but are easy to use which is more important than making the work equitable. We then provide duration conversions based on type of circuit.

Additional Modes not included in chart:

- Sled Push
- Tire Drag
- Weighted Step-ups
- Swimming
- Skipping Rope
- Grappling / Bag work

Run / Row/ Ski Distance	100 meters	200 meters	300 meters	400 meters	800 meters
Bike Distance	200 meters	400 meters	600 meters	800 meters	1600 meters
Aerobic efforts Easy Pace	60 sec	1:30	2:00	2:30	5 min
Work Capacity efforts Hard Pace	30 seconds	60 seconds	90 seconds	2 min	4 min