



- 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.

Time is used as the unit of conversion as there are simply too many variations to account for.

Optional Modes:

- Sled Push
- Tire Pull
- Rowing
- Weighted Step-ups
- Cycling
- Swimming
- Skipping Rope
- Ski-Erg
- Assault Bike or Stationary Bike

	100 meters	200 meters	300 meters	400 meters	800 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