

### **15 Minute Sprint/Jog (or walk) Intervals:**

Make sure to start with a light 5-10 minute warm up. Then move on to the interval work:

Sprint 10 seconds, Jog/Walk 30 seconds

Sprint 20 seconds, Jog/Walk 60 seconds

Sprint 30 seconds, Jog/Walk 1:30

Sprint 40 seconds, Jog/Walk 2:00

Sprint 50 seconds, Jog/Walk 2:30

Sprint 60 seconds, Jog/Walk 3:00

Sprint 70 seconds, DONE

### **Tabatas:**

Choose 4 exercises such as the ones listed below and perform each exercise for 20 seconds on, 10 seconds off, for four minutes. You'll do 8 total sets of each exercise, each set lasting 4:00 and the entire workout takes only 16 minutes. It's so crazy-good. Choose exercises such as:

Kettlebell Swings

Goblet Squats (or air squats)

Burpees

Wall Balls

(You can choose anything from push-ups and pull-ups to lunges and box jumps. Every day can be something new!)

### **10 Rounds of Sprint/Row**

Sprinting short distances is a killer fat-burner. One of my favorite ways to do this is outside on a beautiful day, or inside on a rower on a not-so-beautiful day. Try this one out:

10 Rounds of 100 meter sprints or 150-250 meter sprints on the Concept 2 row machine.

Rest for 1:00 between each round.

### **Kettlebell Swings**

I'm taking this one from Dan John's 10k Kettlebell Swing Challenge. If you can do 5 rounds of this interval workout, you'll perform 500 kettlebell swings. Personally, I would start off with 2-3 rounds and then gradually work up to 5 rounds.

2-5 Rounds For Time:

10 KB Swings, rest 15 seconds

15 KB Swings, rest 15 seconds

25 KB Swings, rest 15 seconds

50 KB Swings, rest 1:00

Dan John actually programs push presses and other exercises between KB Swing sets, but for the sole purpose of this interval style training that I want you to get used to, don't worry about that for now. [If you want to add it in later, here's his article.](#)

### **EMOM Wall Balls and Burpees**

EMOM means Every Minute on the Minute. So for this workout, you set your stop watch for 20 minutes and on every odd minute, you perform 10 Wall Balls. Every even minute you perform 10 burpees. Want to make it harder? Try a 10 minute EMOM where you perform 10 Wall Balls AND 10 Burpees each minute, on the minute. Now that'll get ya breathing hard!