

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

1:1 Tempo Intervals Routine

What This Workout Is

1:1 Tempo Intervals alternate between controlled, moderate-effort work and equal periods of recovery. This structure helps improve endurance, pacing, and cardiovascular efficiency without excessive fatigue.

How To Do It

1. Warm up for 3–5 minutes at an easy pace.
2. 2 minutes at a tempo pace (steady, controlled effort).
3. 2 minutes easy recovery.
4. Repeat for 5–8 cycles (20–30 minutes total).
5. Finish with a 3–5 minute cool-down.

How To Customize It

- Walking: use incline or brisk pace for tempo intervals.
- Running: controlled, sustainable run (not a sprint).
- Treadmill: increase speed or incline during tempo intervals.
- Bike/Row/Elliptical: moderate resistance for tempo, lower for recovery.
- No equipment: jog in place or fast march for tempo, slow march for recovery.

Effort Guidelines

- Tempo effort should feel challenging but sustainable.
- You should not be sprinting or fully out of breath.
- Recovery should allow your breathing to return to normal before the next round.

Progression Options

- Increase tempo intervals to 2:30–3:00 minutes.
- Reduce recovery intervals to 90 seconds.
- Add more cycles over time.
- Slightly increase pace or resistance during tempo segments.