

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

The Pacer Routine

What This Workout Is

The Pacer is an interval workout that gradually increases the length of the work intervals. It helps build endurance, improve pacing, and challenge your cardiovascular system without requiring all-out effort.

How To Do It

1. Warm up for 3–5 minutes at an easy pace.
2. 1 minute fast effort → 2 minutes easy recovery.
3. 2 minutes fast effort → 2 minutes easy recovery.
4. 3 minutes fast effort → 2 minutes easy recovery.
5. Optional: Repeat the 3-minute interval if desired.
6. Cool down for 3–5 minutes.

How To Customize It

- Walking: Use a brisk pace, hills, or incline during work intervals.
- Running: Use a comfortably hard pace that can be maintained for the full interval.
- Treadmill: Increase speed or incline during work intervals.
- Bike, Rower, or Elliptical: Increase resistance or cadence during work intervals.
- No Equipment: Jog in place, use stairs, or perform fast marching.

Effort Guidelines

- Work intervals should feel challenging but sustainable.
- Breathing should increase noticeably during work intervals.
- Recovery intervals should allow you to regain control before the next effort.
- Focus on consistency, not maximum speed.

Progression Options

- Add a second 3-minute interval.
- Increase the pace slightly during work intervals.
- Reduce recovery periods from 2 minutes to 90 seconds.
- Add a 4-minute interval as your fitness improves.