

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

10:10:10 Routine

What This Workout Is

The 10:10:10 Routine is a simple 30-minute cardio workout divided into three 10-minute segments. It gradually changes your effort level to build endurance while teaching you how to pace yourself.

How To Do It

1. Begin with **10 minutes** at an easy, conversational pace.
2. Increase to a **moderate effort** for the next 10 minutes.
3. Finish with **10 minutes** at an easy pace or maintain the moderate pace if you feel strong.
4. Move continuously from start to finish.

How To Customize It

- Walking: Comfortable walk → brisk walk → comfortable walk.
- Running: Easy jog → steady run → easy jog or steady run.
- Treadmill: Increase speed or incline during the middle segment.
- Bike / Rower / Elliptical: Increase cadence or resistance during the middle 10 minutes.
- No Equipment: March in place, climb stairs, or alternate between easy and brisk movement.

Effort Guidelines

- The first 10 minutes should feel comfortable.
- The middle 10 minutes should noticeably elevate your breathing while remaining sustainable.
- You should finish feeling energized, not completely exhausted.

Progression Options

- Increase the pace of the middle 10-minute block.
- Keep the final 10 minutes at a moderate effort.
- Extend the workout by adding another 10-minute easy segment.
- Gradually increase resistance or incline over time.