

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

Progressive Steady State Routine

What This Workout Is

Progressive steady state cardio is a continuous workout where your effort gradually increases as the session goes on. Instead of using hard intervals and recovery periods, you slowly build from an easy pace to a more challenging but sustainable effort. This helps improve endurance, cardiovascular fitness, and pacing.

How To Do It

1. **5 minutes easy:** Start at a comfortable pace that feels like a warm-up.
2. **5 minutes slightly faster:** Increase your pace, incline, or resistance a small amount.
3. **5 minutes moderate:** Your breathing should be noticeably elevated, but still controlled.
4. **5 minutes challenging but sustainable:** Work harder while maintaining a pace you can hold for the entire block.
5. **5 minutes easy:** Reduce your pace, incline, or resistance and cool down.

Total time: approximately 25 minutes.

How To Customize It

- **Walking:** Increase walking speed, incline, or both every 5 minutes.
- **Running:** Progress from an easy jog to a steady, controlled run.
- **Treadmill:** Gradually increase speed or incline during each block.
- **Bike / Rower / Elliptical:** Increase cadence or resistance every 5 minutes.
- **No Equipment:** Progress from marching to brisk marching, step-ups, or light jogging.

Effort Guidelines

- The first block should feel easy and conversational.
- Each block should feel slightly harder than the one before it.

- The fourth block should be challenging, but you should never be sprinting or completely out of breath.
- You should be able to finish the entire workout without needing an unplanned recovery break.

Progression Options

- Increase each work block from 5 minutes to 6-7 minutes.
- Slightly increase your pace, incline, or resistance within each block.
- Extend the challenging-but-sustainable block by a few minutes.
- Track the pace, distance, resistance, or incline you can maintain and try to improve gradually over time.