KINETIC SCIENCE – THE WOMEN'S TOUR ACTIVITIES



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opening Autumn 2021 near Ipswich.

Discounts for schools booked in the winter term.

Interval training

Train like a professional cyclist. Not all training is done on a bike. Increasing fitness can be done in different ways. Interval training is great because helps increase stamina and endurance while competing.

You will need: • Outdoor space • A timer	The 5-10-15 method was developed by Danish researchers at the Centre for Team Games and Health, University of Copenhagen and tested in over 60 Danish schools.
Warm up	
Before you start, make sure you have warmed up sufficiently to ensure your muscles are ready for the main work out.	
The training consists of repetitions which are:	
15 seconds - Walking or very slow running 🖈 jging)	
10 seconds - Running in a moderate or fa 📌 npo	
5 seconds - Fast running or s 🌮	
Every 15-10-5 part is repeated 4 times. This is called a set . That is four repetitions without rest or pause. Each set lasts 2 minutes.	
Between each set, there is	a 1 minute rest.
You can repeat the set 3 times: 2 +1 + 2 + 1 + 2 + 1 minutes = 9 minutes in total.	
Repetitions (15-10-5) initially Sets (4 rep.): 3 (or more) Pause: 1 minute between sets.	
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Duration: Approx. 20 min. workout, including a 10 min. warm-up.







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