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YOUR GUIDE TO CV TRAINING METHODS.



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A little bit about me...

I'm 44, I live in Cottingham with my girlfriend Amy (our mental, but lovable cockapoo) & Smokey (our disapproving, but lovable cat).

I've worked in the fitness industry for over 20 years. Prior to taking the self employed leap in 2017, I was caught up in a role that wasn't making me happy. I felt trapped & lost my sense of purpose, so I decided to make some changes & work for myself!

I'm now back to LOVING what I do, I take massive enjoyment & satisfaction in helping people and its huge part of my life.

All my personal training is based at my home gym :TBHQ!

The goal behind my gym is to provide TRUE 1-2-1 training because Personal Training should be exactly that, PERSONAL...

If I can help you, if you want a chat about your training, you are confused about nutrition, you want to lose weight & get stronger or you just want to meet Dexter, give me a shout!

Tristan 'personal touch' Buttle.



A quick intro...



The goal of this guide is very simple:

to provide you with a variety of CV training methods!

The idea is to give some practical examples that you can implement straight away! It doesn't matter if you are a runner, a cyclist, a stepper, or a cross trainer, there's something for you!

I advise reading through the full guide first, to get an overall understanding then you can decide which method to go for!

This is obviously dependent on your goals, your experience, how much time you have on your hands, and what you actually enjoy doing!

Understanding RPE...

Before we dive into the workouts, let's start by understanding R.P.E.

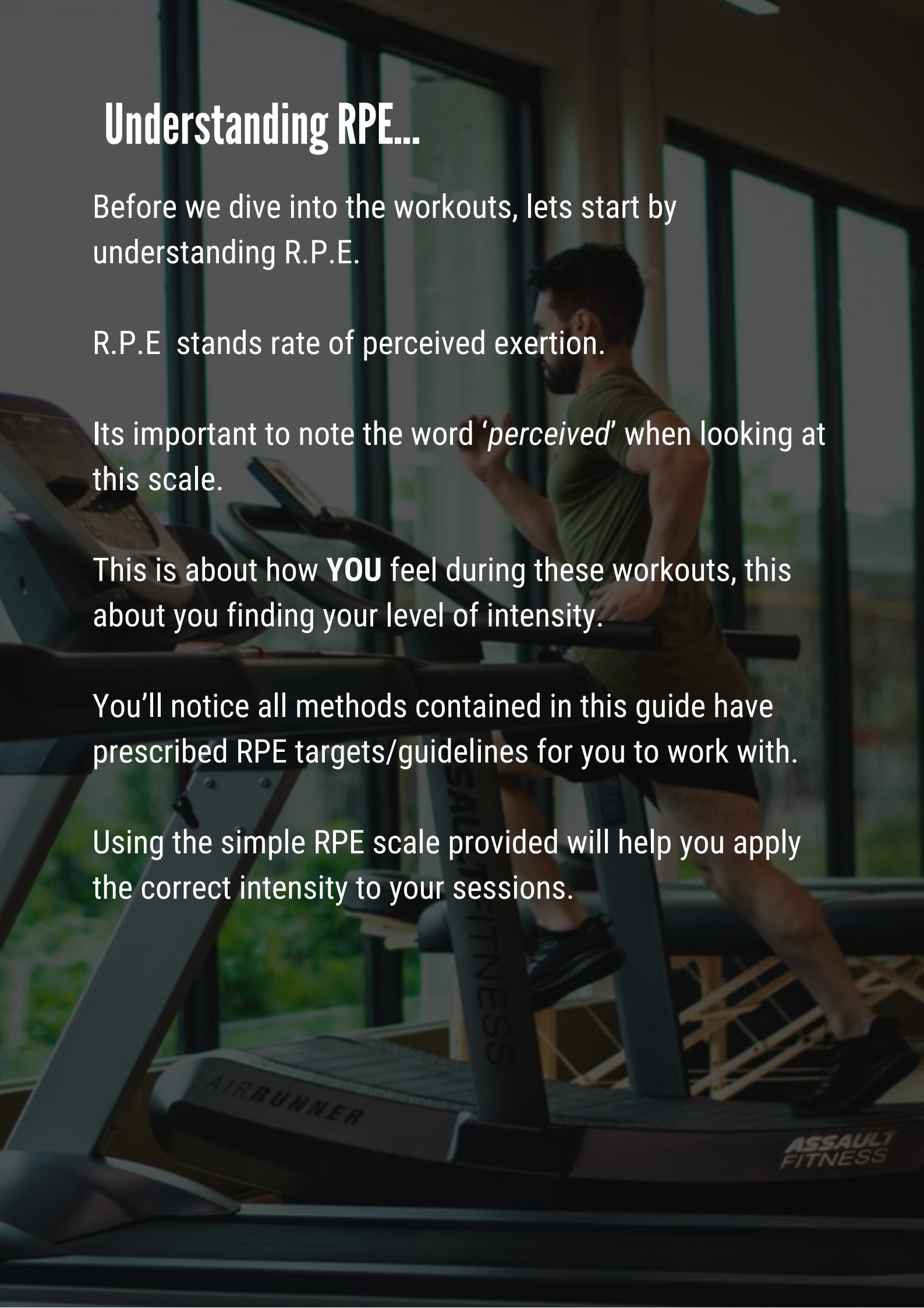
R.P.E stands for rate of perceived exertion.

It's important to note the word '*perceived*' when looking at this scale.

This is about how **YOU** feel during these workouts, this is about you finding your level of intensity.

You'll notice all methods contained in this guide have prescribed RPE targets/guidelines for you to work with.

Using the simple RPE scale provided will help you apply the correct intensity to your sessions.



RPE = How it feels on a scale of 1 to 10

1 = Very, very light, no problem

2 = Very, very easy

3 = Fairly light/easy

4= Moderate/beginning to feel puffed

5= Fairly hard/feeling a bit puffed

6= Hard/feeling puffed

7= Very hard/tiring

8= Very, very hard/very tiring

9= Exhausted/out of breath/shattered

10= Absolute maximum/exhausted

What about heart rate?

You'll notice along with prescribed RPE targets, each workout has a section for you to log your heart rate.

If you have the option to do this post workout, by analysing your results via your tracker (garmin/apple watch etc) then this can be an option for you.

If not, its not an issue, simply familiarise yourself with the required RPE targets prior to the session and go for it!

You also have the option of printing each workout sheet for tracking purposes.

Workout 1: Steady State

Notes: warm up for 5 mins, then maintain RPE 7/HR 70% for 20 continuous minutes, followed by 5 min cooldown.

Benefits: ideal for recovery, slow twitch muscle fibre recruitment & oxygen transport.

TIME	HEART RATE	RPE	LEVEL	SPEED
1				
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3				
4				
5				
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Workout 2: Aerobic Intervals

Notes: warm up for 5 mins, RPE 8/HR 80% for 2 minutes, followed by 1min recovery at RPE7/HR 70%. Repeat for 5 intervals, follow with 5 min cooldown.

Benefits: introduces & can improve anaerobic threshold.

TIME	HEART RATE	RPE	LEVEL	SPEED
1				
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4				
5				
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key:				
	WARM UP/COOLDOWN			
	RPE - 8/HR -80%			
	RPE - 7/HR - 70%			

Workout 3: OBLA

Notes: warm up for 5 mins, RPE 8/HR 80/90% for 5 minutes, followed by 2 min recovery at RPE7/HR 70%. Repeat for 4 intervals, follow with 5 min cooldown.

Benefits: introduces & can improve anaerobic threshold.

TIME	HEART RATE	RPE	LEVEL	SPEED
1				
2				
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4				
5				
1				
2				
3				
4				
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6				
7				
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key:				
	WARM UP/COOL DOWN			
	RPE - 8/HR - 80%			
	RPE - 7/HR - 70%			

Workout 4: Expletives

Notes: warm up for 5 mins, RPE 10 HR 100% for 1 minute, followed by 2 min recovery at RPE7/HR 70%. Repeat for 5 intervals, follow with 5 min cooldown.

Benefits: introduces & can improve anaerobic threshold & vo2 max.

TIME	HEART RATE	RPE	LEVEL	SPEED
1				
2				
3				
4				
5				
1				
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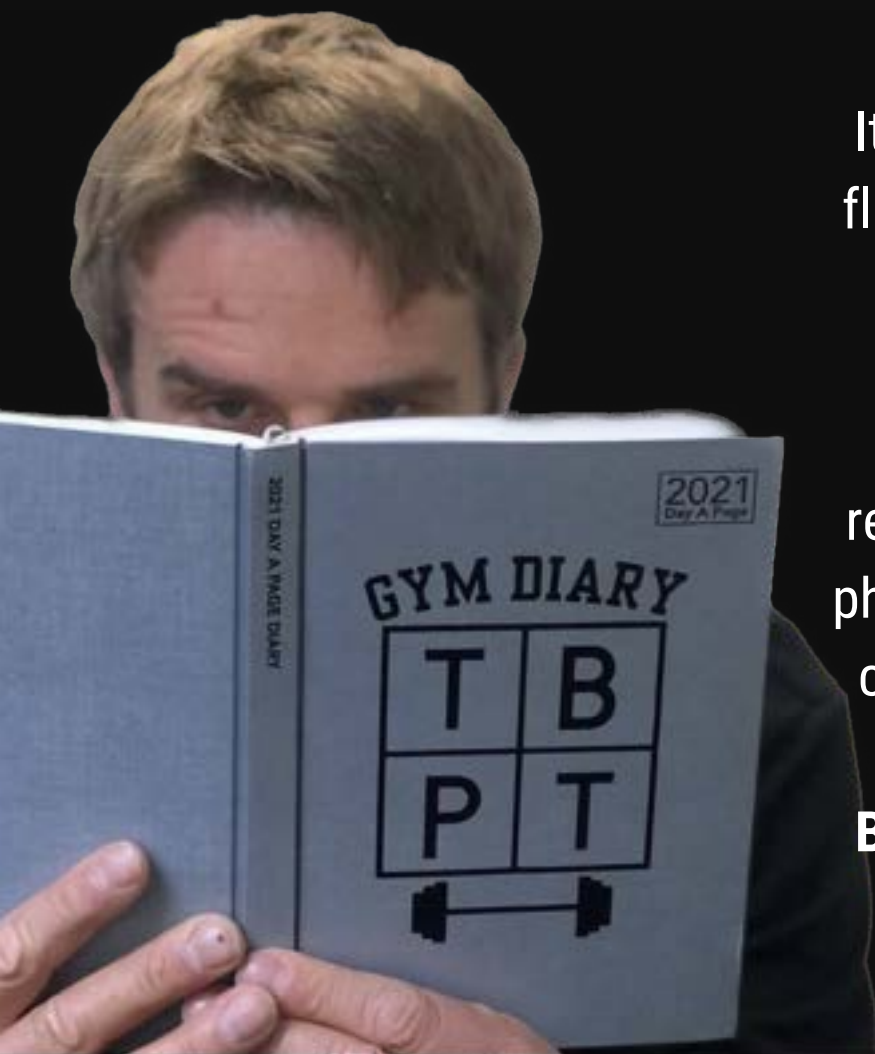
Log Booking:

In order to document and record your progress, having a log book is essential. This is a key part of making this approach work. Your log book is your friend, it makes you accountable to yourself, it keeps you focused and on track, and will give you feedback if your progress starts to stall.

It doesn't have to be anything flash or fancy, a standard note book will do the job.

I personally don't advise or recommend anyone uses their phone, but in an absolute worst case scenario, its better than nothing.

Bottom line - buy a log book!



Final words:

If you have **ANY** questions on anything mentioned in this guide, please do not hesitate to contact me!

If anything doesn't make sense, or you need more info, let me know.

There are no silly questions!

Enjoy the process, and have some strong workouts!

Tristan 'here to help' Buttle.

Follow me:

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Tag me in your workout photos/videos!