

# Recovery-Driven Conditioning Methods

Method	RPE	How to do it	Exercises	Frequency	Measuring progress
Cardiac Output	RPE 5-6	<ul style="list-style-type: none"> <li>» HR varies between 120-150bpm</li> <li>» 20-90 min per session</li> </ul>	Any low intensity, low blood pressure exercise: jogging, biking, swimming, jumping rope, shadow boxing, etc.	2-4 x / week	<ul style="list-style-type: none"> <li>» Speed/power at different heart rates</li> </ul>
Tempo Intervals	RPE 5-6	<ul style="list-style-type: none"> <li>» 70% of max intensity</li> <li>» 10-12 sec work; 60s active rest</li> <li>» Max recovery between reps</li> <li>» Repeat 10-20 reps</li> </ul>	Any low-to-moderate intensity exercise such as running, rowing, biking, jumping rope, pads	2-3 x / week	<ul style="list-style-type: none"> <li>» Heart rate recovery between reps</li> </ul>
High Resistance Intervals	RPE 6-7	<ul style="list-style-type: none"> <li>» Each rep is at maximal intensity</li> <li>» 10-12 sec work followed by rest until HR is 130-135</li> <li>» Repeat 10-20 reps</li> </ul>	Uphill sprints, sled drags, spin bikes, or other cardio machines capable of high resistance	2 x / week 6-8 weeks	<ul style="list-style-type: none"> <li>» Distance covered in each rep</li> <li>» Number of reps</li> <li>» Heart rate recovery</li> </ul>
Extensive Intervals	RPE 8-9	<ul style="list-style-type: none"> <li>» 30-40 sec work max intensity</li> <li>» Max heart rate recovery</li> <li>» Active rest 2-3 min</li> <li>» Repeat 4-6 reps</li> </ul>	Any repetitive, explosive exercises such as jump squats, sprinting, bounding drills, explosive push-ups, etc.	1-2 x / week x 4-6 weeks	<ul style="list-style-type: none"> <li>» Distance covered each rep</li> <li>» Number of reps</li> </ul>
Cardiac Power Intervals	RPE 9-10	<ul style="list-style-type: none"> <li>» 60-90 sec work to max hear rate</li> <li>» Drop HR as quickly as possible</li> <li>» Active rest 4-5 min</li> <li>» Repeat 3-4 reps</li> </ul>	Total body, high-velocity movements such as sprinting, sparring, hill runs, Versaclimber, prowler, etc.	1-2 x / week x 4-6 weeks	<ul style="list-style-type: none"> <li>» Distance covered each rep</li> <li>» Number of reps</li> <li>» 60s heart rate recovery</li> </ul>