

Cardio Workout Codes

- wu:** **warm up** – This is the beginning of your workout and will usually consist of 5-15 minutes of Zone 1 paced cardiovascular activity. This may be specified in a separate workout like in a motion prep or stretch routine.
- ms:** **main set** – This is the focus of the workout for the day and is where the majority of the work will be performed.
- cd:** **cool down** – This is the end of your workout and should consist of 10-30 minutes of AR paced spinning or other form of light cardiovascular activity. This part of the workout is critical for allowing the body to return to a homeostatic point, facilitate the recovery process and help to avoid delayed onset muscle fatigue and soreness.
- set:** **set** – is the # of times each group of exercises are performed for a specific # of repetitions
- rep:** **repetitions** – or the # of times each exercise is performed within a set
- int:** **interval** – duration of intensity or rest periods during intensive workout.
- ri:** **rest interval** – duration of rest between sets and exercises
- rpe:** **rating of perceived exertion** - This is an estimation of your effort based on how you feel. A number is applied to each level of intensity that corresponds to a scale from 1-10.
- z:** **zones** – described by heart rate, pace or power
- hr:** **heart rate** – (zones or bpm).
- p:** **power** – (watts) usually measured on a bike with power meters
- x:** **frequency** – How often you will perform an interval per workout or workout within a week.
- wk:** **week**

Training intensity and description codes

For a full description of the training zones, what they are, and how to train with them, please see the Zone Training section at fitstoptools.com.

- ar:** **active recovery** – activities that promote recovery include easy spinning on a bike, water exercise, easy cardio. Zone 1 only
- e:** **aerobic endurance** – training, usually in z 2
- ex:** **extensive endurance** – training, usually in z 1-2
- tp:** **tempo training** – sustained exercise usually at or just below the lactate threshold (z 2-3)
- sp:** **speed and cadence** – drills or intervals (z 2-3)
- Lt:** **lactate or anaerobic threshold** – training at or just above the **LT**, LT & cruise intervals in z 3-4
- vmax:** **Vo2 max & Anaerobic Endurance** – training usually 2-4 min intervals in z 5a
- ac:** **anaerobic capacity**– training usually in z 5 (short intensity intervals, long recoveries)
- pi:** **power intervals** – for neuromuscular effect to promote power and speed in z 5+

Strength Training Codes & Phases

- set:** **set** is the # of times each group of exercises are performed for a specific # of repetitions
- rep:** **repetitions** or the # of times each exercise is performed within a set
- h:** **holds** for isometric exercises where there is no movement, only a static contraction (hold)
- RM:** **repetition maximum the resistance intensity** - level of effort or difficulty measured by the maximum weight the can be lifted for the designated number of repetitions. 1RM is your max lift for one repetition, 10RM is you maximum lift weight for 10 repetitions.
- ri:** **rest interval** - duration of rest between sets and exercises
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- aa:** **Anatomical Adaptation** – Complete 1-3 sets x 15-30 repetitions of exercises. Exercises are best completed in a circuit style fashion completing 1 set of each exercise before moving on to the 2nd or 3rd set. Sample programs: 1) Dumbbell Function Routine 1, 2, or 3 – see attachments. 2) Motion prep routines.
- ct:** **Core Training** – Perform 8-12 repetitions at a 2-1-2 tempo (i.e., 2 seconds start, 1 second hold, 2 seconds on the finish) and repeat 2-3 sets. Or perform quick core circuit exercises on attachment forms.
- ms:** **Maximum Strength** – After a warm-up complete 4-6 sets of recommended exercises. Begin with light weight and 15 repetitions (reps), increase weight and 10 reps, increase again and 8 reps, increase again with 1-3 sets of 3-6 reps. Be sure to rest for at least 60-90 seconds between sets.
- me:** **Muscular Endurance** – Warm-up with running or cycling for 10-20 minutes, then complete 2-4 sets x 20-40 reps of exercise 1-4 of sections A & B or C + pick 1 exercise from section F multi-joint work.
- plyo:** **Plyometric** (power and elastic training) – Warm-up for 10-30 minutes. Complete designated plyometric workout, then lift weights. Do the same exercises you have been doing in ms or sm, but reduce the weight and do 3-4 sets of 8-15 reps. Be sure to cool down for 5-10 minutes.
- sm:** **Strength Maintenance** – Warm-up for 10-30 minutes. For each of the recommended exercises complete 1 set of 20 reps at a light weight, increase weight and do 1-2 sets x 12 reps, increase the weight again and do 1-2 sets x 6-8 reps. For the remaining exercises, complete 2-3 sets of 12-15 reps. Decrease the sets and weight in heavy racing periods.

Specific Load Guidelines: Strength Training

Training Focus	Outcome	# of Weeks in phase	%1RM	Reps Range	# of Sets	Tempo / Time	Rest Between Sets
AA (light)	Anatomical Adaptation	4-6	< 70	15-25	1-3	4-2-2 /2-3+ min	20-30 seconds
CT (light)	Core Training	6+	< 60	5-15	1-3	3-2-2 2-3 min	20-30 seconds
MT (moderate)	Hypertrophy & Transition to heavier weight	4-6	70-80	10-15	3-6	4-2-2 60-100 sec	30-90 seconds
ME (moderate)	Muscle Endurance	4-6+	< 70	20-40	2-3	2-0-2 50-80 sec	30-60 seconds
MS (Heavy)	Maximum Strength	4-6+	80-100	4 - 8	3-5+	2-0-2 20-30 sec	2-5 minutes
plyo (Mod-heavy)	Power Elastic Strength	4-6+	80-100	8-15	3-4	1-0-1 1-20 sec	2-5 minutes
SM (Mod -Hvy)	Strength Maintenance	4-6+	80-100	8-20	3-5+	3-2-2 20-30 sec	30-90 seconds

RM = Maximum Repetitions at failure %RM = percentage of your 1 repetition max
 *Chart modified from Baechle & Groves, 1992 & D. Brooks, 2002

Other definitions/codes:

- MB = medicine ball
- DB = dumbbells
- SB = stability ball
- RB = resistance bands
- = progress to