

THE 5 BEST FAT BURNING CARDIO WORKOUTS ON EARTH

By Mike Deibler M.S., C.S.C.S.

The following information is for educational purposes only. Consult your physician before attempting any exercise program or diet program.

Dear Friend,

Are you tired of doing hours of cardio and not getting the results that you want? Have you been doing the same type of workouts for years and are just sick of them? Don't worry. There are millions of individuals out there just like you. And just like you they are learning that traditional cardio workouts are not the best forms of exercise for fat burning.

I have spent years putting workout routines together for individuals trying to find the right program that will work fast. In addition to this I have read literally hundreds of research studies trying to find the best real life cardio programs to get the best results. The follow report will explain the absolute best cardio training methods for fat loss and how you can implement them today.

The 5 Best Fat Burning Cardio Workouts On Earth

Before we dive into these workouts I wanted to make one quick point. Although these are all very effective workout routines, they are not the only component of the program you need to consider. Along with your cardio, plan you must involve a fat burning strength training routine and a healthy diet plan. These are both crucial pieces to the fat loss pie.

Method #1 **Tempo Training**

Tempo Training is also referred to as Maximal Steady State Training. For this workout you perform continuous aerobic exercise at a moderate intensity. Moderate intensity would be approximately 70-85% VO2 Max. Since you most likely will not be able to determine your VO2 Max we use ratings of perceived exertion or RPE. This is a scale from 6-20. 6 would be no exertion at all and 20 is maximal exertion. For Tempo Training we are at about 14-17.

This would be a hard workout basically. You are performing continuous exercise for 30-60 minutes as hard as you can. This style of training is also referred to Race Pace. You would perform your workout at the pace or slightly higher than you would for a race. The purpose of this type of training is to stress the body at a specific intensity and improve energy production aerobically and anaerobically. The intensity you are trying to reach is your lactate threshold. This is the point in which the body fatigues due to an increase in blood lactate concentrations above a resting state. By improving your lactate threshold you are improving your body's ability to use oxygen for your metabolism more efficiently. Lactate and hydrogen ions are by products of metabolism. These by products increase muscle acidity and prevent muscles from contracting. The higher your threshold the more intense your muscles can work and burn more fat.

Determining the pace you need to reach your lactate threshold can be difficult. If you have access to a science laboratory there are tests that can be performed to determine this. Since this is probably not a great option, you can estimate it. This pace is the hardest pace that you can maintain for 30 minutes. You can either do cardio for 30 minutes as hard as you can to determine this speed or you can sign up for a 5-10km race and find your pace during it.

Method #2 **Interval Training**

Interval training has really become a huge method of training in the fitness industry. Study after study has come out showing the amazing fat burning benefits of interval training. For example, in 2009 The Journal of Applied Physiology published a study that compared interval training with steady state training. After 19 days of training both groups had the same results from the training. However, the interval group had a total workout time of 80 minutes while the steady state group trained for 825 minutes. In 2008

My Workout Creator, All Rights Reserved 2010

www.MyWorkoutCreator.com

The 5 Best Fat Burning Cardio Workouts On Earth

the Journal of Medicine, Science and Sport and Exercise published a study again comparing high intensity interval training versus steady state low intensity cardio. They made each group burn the same number of calories, so the steady state group worked 5 days a week and the interval group worked out 3 days per week. After the 16 week study the researchers found that the interval group lost a significant amount of abdominal fat while the low intensity group saw no changes.

Studies like these are popping up more and more, but still you won't see many people performing intervals. This type of training is more advanced and may not be appropriate for everyone, but if you have been training for awhile you have no reason not to perform intervals. Interval training means you are alternating between periods of high intensity exercise with low-moderate intensity. Your high intensity intervals will be performed around 80-90% of VO2 Max or 16-18 RPE and the low intensity is around 30-40% of VO2 Max or 10-11 RPE. Intervals can be set for different periods of time depending on your goals. For fat burning purposes a good ratio is 3 minutes high to 3 minutes low for 30-60 minutes. Whatever time you decide for should be a 1:1 work to rest ratio.

The benefits of this type of training beside the increase in fat burning in shorter time, are it will increase your VO2 Max and enhance anaerobic metabolism. These factors will lead to an increase in metabolism and fat burning ability.

Method #3 Split Training

Split Training is similar to interval training. It involves 2-4 high intensity bouts of exercise for 15-20 minutes with a 5 minute active rest in between. An active rest refers to very light exercise and not complete rest. For example if you are running for your active recovery you would walk. This type of workout works well on different modes of exercise. You can perform 4 exercise bouts on 4 different types of cardio. This workout is a great technique if you become bored with traditional cardio workouts. For this workout your pace should be around 70-85% of VO2 Max or 14-17 RPE for the high intensity interval.

Split training can produce a high Excess Post Exercise Consumption or EPOC. This effect will take place after high intense bouts of exercise. This effect is often referred to the "Afterburn Effect" of exercise. After our body's have finished a workout we have used fuel which needs to be replaced. We are at our weakest point after a workout the body needs to rebuild. During the next 24-48 hours your metabolism can remain elevated from the workout as long as it is at a high intensity. This means you not only benefit from the fat burned during your workout but will see your body continue to burn extra fat into the next day. The higher intensity you can train, generally the better EPOC effect you will experience.

Method #4 Supra Interval Training

My Workout Creator, All Rights Reserved 2010

www.MyWorkoutCreator.com

The 5 Best Fat Burning Cardio Workouts On Earth

Supra Interval Training is the most intense of the cardio workouts we will discuss. This workout involved 15-20 supramaximal exercise bouts for 30-60 seconds. Each bout is followed by 2-5 minutes of active recovery to allow for full recovery. Supramaximal simply means all out. Here you are training at 100-110% of VO2 Max. This is an advanced workout and should not be performed by beginners. These are all out sprints for a workout, but you can perform this on any mode of cardio equipment by increasing the resistance.

This workout, like Split Training, has a great EPOC effect and very beneficial for a fat loss program.

Method #5 Fartlek Training

Fartlek is a Swedish word meaning speed play. This fat burning workout is just that. It is essentially an interval workout but with no set intervals. This is an unstructured 30-60 minute cardio sessions that involve slow, medium, and fast training or a variety of distances and on various modes of exercise. For example you can go on a 30 minute run around your neighborhood. At random intervals you decide how fast or slow you will go. You might sprint to the end of the block one time and then recover for a few minutes. You next can get to a hill and run as fast as you can up it. These intervals should be different lengths. Some may last for 5 minutes while others will only be 30 seconds. The point of this workout is to keep it random. You do not want your body to get use to the same amount of time on the high intensity.

For this type of workout you are combining the previously mentioned workouts into one. You will perform intervals, tempo training, low intensity, and supra interval training in one workout. This type of workout not only burns an incredible amount of fat but will reduce boredom during workouts. This type of training can increase VO2 Max, increase lactate threshold, improve running economy, and fuel utilization.

The Program:

The next step is to put these workouts into practice. You do not have to do each workout every week. There are some that you find are too intense or too boring for you. I recommend trying a few out and see which ones will work best for your situation. The following program is just one of many samples that you can try out. The important thing is to stay consistent and track your progress. I also highly recommend adding a strength training program to complement this workout. You can perform those workouts on your rest days.

The 5 Best Fat Burning Cardio Workouts On Earth

Sample 4 Week Cardio Program:

Week 1:

30 minute Interval Training 3:3	Rest Day	25 minute Split Training (10 min on each bout)	Rest Day	20 minute Tempo Run	Rest Day	30 minute Fartlek Training
---------------------------------	----------	--	----------	---------------------	----------	----------------------------

Week 2:

30 minute Interval Training 3:3	Rest Day	30 minute Tempo Training	Rest Day	15 SupraInterval Bouts 1:5	Rest Day	30 minute Fartlek Training
---------------------------------	----------	--------------------------	----------	----------------------------	----------	----------------------------

Week 3:

40 minute Interval Training 3:3	Rest Day	40 minute Split Training (3 10 minute bouts)	Rest Day	30 minute Tempo Run	Rest Day	40 minute Fartlek Training
---------------------------------	----------	--	----------	---------------------	----------	----------------------------

Week 4:

40 minute Split Training (3 10 minute bouts)	Rest Day	30 minute Interval Training 3:3	15 Supra Interval Bouts 1:5	30 minute Interval Training 3:3	Rest Day	40 minute Fartlek Training
--	----------	---------------------------------	-----------------------------	---------------------------------	----------	----------------------------

The 5 Best Fat Burning Cardio Workouts On Earth

RPE Scale

15-Point Borg Scale

6	No Exertion at all
7	Extremely Light
8	
9	Very Light
10	
11	Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Extremely Hard
20	Maximal Effort

Putting It All Together:

As I stated before, your cardio program is one aspect of the fat loss program. One of the biggest mistakes I will see time and time again is individuals focus only on their cardio workouts and not on their nutrition and strength training. While cardio programs such as the 5 mentioned previously will aid in rapid fat loss, they cannot be your only workouts. If you are serious about losing fat as fast as possible you must incorporate a muscle building, fat burning resistance training program.