

GRIZZLY BEAR INTERVAL TRAINING

You may choose running, bicycling, swimming, cross country skiing or any other “aerobic” exercise you prefer for your Grizzly Bear Interval Training. The key to success is putting out high intensity bursts of speed lasting 30-90 seconds. {Note: “High intensity” is a relative term. Output that might be “high intensity” for one person might seem easy for another. Establish your own intensity level.}

Routine:

1. Pretend there is a grizzly bear chasing you. Take off at nearly full speed and go like crazy until you feel as if you’d rather be Mr. Grizzly’s lunch than go another second. At that point (which should be at the end of a 30-90 second burst) stop.
2. After exactly 60 seconds take your pulse for 15 seconds and remember the number of beats or pulse rate.
3. Go right into your next Grizzly Bear chase as before for the same amount of time and intensity, stop and retake your pulse after 60 seconds. Repeat the same cycle 4-10 times until you see a pulse that does not recover close to the same amount of beats or rate.
4. Go home and feel powerful.
5. Grizzly Bear Intervals should be done 1-3 times a week.

Example:

45 second run – stop for 60 seconds – take pulse for 15 seconds = 30 beats

45 second run – stop for 60 seconds – take pulse for 15 seconds = 31 beats

45 second run – stop for 60 seconds – take pulse for 15 seconds = 32 beats

45 second run – stop for 60 seconds – take pulse for 15 seconds = 32 beats

45 second run – stop for 60 seconds – take pulse for 15 seconds = 33 beats

45 second run – stop for 60 seconds – take pulse for 15 seconds = 37 beats

Stop - enough for today. You have finished your Interval training for the day.

The key is to look for a pulse which changes dramatically from the trend line from the previous series of pulses. When it is different, you have reached the point where your heart rate is not recovering sufficiently to continue and you should stop for the day.

Keep your time consistent with each cycle. If you start out with 60 seconds on the first cycle, stay at 60 seconds for all the cycles that day. You also need to stay consistent with the intensity and/or distance. Don’t go all out one time and then dog it the next. You may vary the time with each workout, but always stay between 30-90 seconds for your high intensity bursts.