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Coaching 

Cardio Training

Guidebook



What is cardio and why do I need it?

Cardio is short for cardiovascular, in this case cardiovascular training. This is the use of your cardiovascular system (made up of your heart, blood and lungs) which transports the oxygen used for energy around your body! This might give you an idea of why cardio is so important for your health, wellness and fitness!

Let's look at the most common types of cardio;
HIIT & LISS.

HIIT

HIIT is High Intensity Interval Training where you work for short periods (15 - 40 seconds) at a high intensity, recover for a similar short period then repeat this process for a maximum of 20 or 30 minutes. BUZZ is an example of HIIT.

What are the advantages of HIIT?

- Workouts are short
- Increases fitness quickly as you push passed your current fitness level in your "high" interval
- No equipment needed

LISS

LISS is Low Impact Steady State training. This type of training would be performed over a longer period of time, 40 - 60 minutes. You would perform the exercise (walking, cycling, running) at a continuous even pace with no rest. A 40 minute brisk walk around the park where you can still hold a conversation is an example of LISS.

What are the advantages of LISS?

- Recovery is quicker as it is generally less explosive than HIIT
- Helps condition ligaments and tendons, making them more supportive
- Ideal for injury recovery

Both types of cardio have their advantages and both have a place in any fat loss and fitness journey!

