

30-Minute Workouts

With the holiday rush upon us, finding time for a workout often proves difficult; but fitting in a short session is better than none, and it can prove to be the energizing lift that we need to get us through our hectic days. Want to be sure that you get your workout in? Complete it first thing in the morning. This may mean waking up a bit earlier; but, waiting until later in the day just increases the risk that something more pressing will come-up, pushing your workout lower on your priority list. Before you know it, the day will be gone and so will your opportunity to complete your workout.

Here are three 30-minute “bang-for-your-buck” workouts:

Swim:

Warm-up: 4-6 x 50 (done as 25 drill, 25 swim)

Main Set: Recoveries are indicated in seconds within parentheses. Depending upon how fast you swim, you can add or subtract yards to keep your workout at 30 minutes.

4 x 75 (20") done as 25 easy, 25 hard, 25 easy

3 x 100 (30") descend each 100

3 x 50 kick (15") moderate effort

Cool-down: 100-200 easy alternating 50 swim, 50 pull

Total: 1150

Treadmill Run:

Warm-up: With the treadmill set at 1 degree incline, run 10 minutes building to your “long run pace.”

Main Set: Elevate the treadmill 2 degrees, run for 90 seconds at this pace. Then go back to 1 degree and run for 30 seconds. Then climb to 3 degrees for 90 seconds and back to 1 degree for 30 seconds. Continue with this pattern, raising the grade after each 30 second interval until you hit 6 degrees. If you are unable to hold the pace/incline before you hit 6 degrees, go back down the ladder (lower the incline each step) to complete the 10 minutes. Attempt the workout once per week and you will soon develop the ability to handle the hills.

Cool-down: Complete the workout by running an easy 7 minutes and walking 3 minutes.

Strength:

Warm-up: On a treadmill, run 5-10 minutes easy pace with a few 30” pick-ups as the warm-up progresses.

Weights: Choose a load that you can perform 10-15 reps maintaining good form. Move from exercise-to-exercise and then right to the treadmill.

Set #1:

- Lat pull-down
- Incline press
- Lat pull-down
- Incline press
- Crunches
- 2 minutes moderate on the treadmill

Set #2:

- Dumbbell curls
- Dumbbell presses
- Dumbbell curls
- Dumbbell presses
- Crunches
- 2 minutes moderate run-pace on the treadmill

Set #3:

- Triceps press-down or kick-backs
- Lunges (no weights)
- Triceps press-down or kick-backs
- Lunges (no weights)
- Crunches

Cool-down: Run 4 minutes easy on the treadmill and a 2 minute walk.

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