

Cardiac Output Method

Adaptations

Increases the size of the left ventricle of the heart.

Improves the amount of blood that gets pumped with each stroke (cardiac output).

Lowers the resting heart rate.

Guidelines

Keep your **heart rate between 130 and 150** for the entire duration of the workout. If you are past your mid-thirties, lower that range by 10bpm.

You want to keep your heart rate in that window for **at least 30 minutes**. Two sessions of 30 minutes will have the same training effect as one 60 minute session, so pick a session length that fits well into your schedule.

Slowly increase the total weekly amount of time spent in the heart rate range to keep progressing.

How this method is used

You can improve your cardiac output by a combination of drilling and rolling, provided that you follow a few basic parameters.

If you are rolling, pick a pace that you can keep up for over an hour. Don't take any breaks and keep your intensity the same for the whole duration.

For drilling with a partner use a time interval between 1 and 2 minutes. Alternate with your partner for each interval and keep a good pace for the whole duration of your training session.

Positional sparring also works well and you can also use a combination of all the above. The only thing that matters is that you spend a lot of time in the correct heart rate zone.

