

Cardiac Power Intervals

Adaptions

Improves the hearts strength and ability to transport oxygen at high intensities.

Results in a higher total oxygen utilization (VO2 max).

Guidelines

Use **3-6 rounds of 3 minutes each** and keep your heart rate as high as possible during each round. You should be very exhausted at the end of each round.

Rest for 3 minutes between rounds.

Limit this method to only 1-2 times per week and use it only as part of your competition preparation. Cardiac power intervals generate quick results but only for about three weeks.

VO2 max training is very exhausting. Make sure that you get a lot of rest and recovery after using this method.

How this method is used

For this method high intensity situational drills work well where you can reset as soon as a goal is achieved.

It takes about a minute to get to your maximum heart rate. Then you want to stay at that intensity until the end of the round.

Here are some drill ideas to get you started:

- Open guard passing
- Wrestling from a single leg position
- Escaping from side control

If the action slows down, reset immediately.

You can also use other high intensity exercises for this method, like sprints.

