

WORKOUT KEY

A10

Any time you see that the workout is listed as an A10 – it means that you should set your clock to ten minutes. Whatever the workout is, you're going to run as hard as possible until that 10 minutes elapses. Compared to the A20 workouts, A10's should bring out fairly high intensity levels given the shorter time window. Try to minimize rest and breaks until the time runs out. As always, balance proper form with your intensity.

A20

If the workout is listed as an A20, it means that the clock should be set for 20 minutes. This time domain is what we would consider to be "long," relative to the other workouts in the Challenge. Because it's such a long time domain, your pace might change and your intensity may decrease some. This is not only acceptable during an A20, but necessary to get the most out of the workout. We don't want you to run out of steam so early in the workout that the second half is peppered with you standing still, catching your breath, getting a drink of water and ... well, wasting time.

AFAP

Saturday's workouts are always listed as AFAP tests. "AFAP" stands for AS FAST AS POSSIBLE. These "tests" make up one of the most important parts of your training experience. The goal is to complete the listed workout as fast as you possibly can, avoiding any rest until the workout is complete. It's possible that they will only take a few minutes, but they will serve to show you what intensity really is and impact the way you approach your A10 and A20 workouts. Mark down your AFAP times as many will be repeated.

TABATA

Tabata is a term for a very popular and effective interval breakdown. Tabata intervals call for twenty seconds of maximum reps/intensity, followed by ten seconds of rest and recovery. At first, Tabata intervals may seem easy, but we promise that the workload will catch up to you sooner or later. Don't cut out early on your twenty seconds. Every second counts.

ON & OFF

Sometimes our workouts call for intervals that are not Tabata. We refer to the parts of the workout when we want athletes going as "on" and stretches where we want athletes resting as "off." Intervals are commonly used during A20 workouts to keep intensity high over the longer time frame.

REST

It may seem unnecessary to say, but rest means rest. It doesn't mean hold a plank (unless indicated specifically), it doesn't mean sneak a couple extra reps, and the time allotted for rest isn't arbitrary. Our programming is not thrown together randomly, it's designed to have specific effects. So, make sure you're following it to a tee, especially with workouts that call for rest.

PACE

Depending on your background, you may not be familiar with this style of exercise. The reality is that if you're new to high intensity conditioning, this style of training may feel a little uncomfortable at times. The pace is going to be high and non-stop during your workouts. Just try to remember that you can rest after the workout is done, and all the discomfort you're feeling is your ticket to results.

ROUNDS

Our workouts are often broken into "rounds." A "round" is usually a compilation of reps and movements. For example – 10 push-ups, and 10 squats might make up a round. If the workout calls for three rounds, then you'll complete that three times before moving to the next part of the workout. Make sure to read the workouts carefully to ensure you understand them. As always, post questions to the Facebook group so a coach can help you out.