

## Interval Training on the Elliptical

TIME	Resistance/Level	Perceived Exertion
5 min	2 - warm up	4-5
1 min	5	
1 min	10	6
2 min	5	5
2 min	10	7
4 min	5	5
4 min	10	7-8
6 min	6	5
6 min	10	7-8
10 min	7	6-7
5 min	2 - cool down	4
Total: 46 minutes		

If you're doing interval training, you want your recovery to be around a 4-5 and your intensity blasts to be at around 8-9. As you'll see below, working at a level 10 isn't recommended for most workouts. For longer, slower workouts, keep your PE at Level 5 or lower.

- Level 1: I'm watching TV and eating bon bons
- Level 2: I'm comfortable and could maintain this pace all day long
- Level 3: I'm still comfortable, but am breathing a bit harder
- Level 4: I'm sweating a little, but feel good and can carry on a conversation effortlessly
- Level 5: I'm just above comfortable, am sweating more and can still talk easily
- Level 6: I can still talk, but am slightly breathless
- Level 7: I can still talk, but I don't really want to. I'm sweating like a pig
- Level 8: I can grunt in response to your questions and can only keep this pace for a short time period
- Level 9: I am probably going to die
- Level 10: I am dead