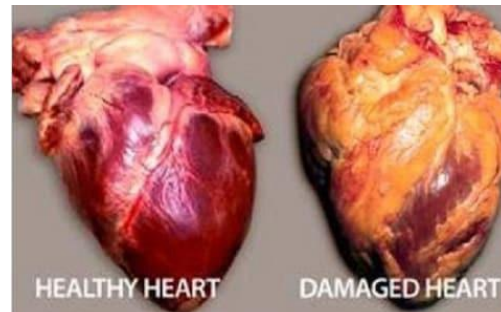


# Cardiovascular Fitness.

Yes that's right its cardio time!!!

If this were a real PE lesson I know you would all be moaning and begging us to do something different, but remember....

- Cardiovascular fitness is really important for both your physical and mental health.
- You see improvements really quickly
- Its free to do
- It's a chance for you to get out of the house
- Its never as bad as you think its going to be.



Cardiovascular fitness is the ability of the heart and lungs to work at moderate to high intensity for a long period of time without tiring.

Improving your cardiovascular fitness will provide huge benefits to both your physical and mental health. Here are just some example:

Taking part in 30 minutes of cardiovascular exercise every day reduces the risk of...

- Obesity
- Coronary Heart disease
- Certain types of cancer
- Depression
- Type 2 diabetes
- Osteoporosis
- Also helping with stress relief

# Cardio Workouts 😊

We have put together 3 different power point slides.  
Beginner, Intermediate and Competitive.

Read through each of the slides and decide which  
training app is going to be the best for you.

Then all you need to do is download it and get started.

If you take part in 3 cardio sessions per week. We  
guarantee you will see an improvement.

Best of luck everyone!!!



**NHS** choices



# Twitter

Don't forget you can post pictures or videos of your home workouts on the Scalby School PE twitter page.

@scalby-pe

Lets show everyone what fantastic, hardworking students you all are!!!

Keep up the good work everyone.





**NHS** choices

### What is it all about?

- Couch to 5K is designed to get people off the couch and running 5K in 9 weeks.
- The plan involves three runs a week, with a rest day in-between, and different gradual build-up running schedule each week.
- **Top Tip** - By working through the training schedule it will build up your endurance to be able to run for a long period of time. For example, the first session involves walking for 30 seconds then running for 30 seconds.

### How to get started?

- Download the Couch to 5K app through the App Store on your phone.
- It is completely free!
- Visit - <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/> for more information.

### The Benefits of Couch to 5K!

- Improve physical and mental health.
- A great stress reliever.
- Requires no equipment!
- *Suitable for beginners who don't like to run.*

**STRAVA**

The fun way to exercise and challenge your family/friends

## HOW TO GET STARTED

Step 1 : Log in using your smart phone or computer by visiting [strava.com](https://strava.com)

Step 2: Set up your profile

Step 3: Choose whether you're a runner/cyclist/walker etc

Step 4: Complete your activity using either your smartphone as the tracking device or a GPS watch / Cycling computer.

Step 5: Upload your first ride/run etc

Step 6: Join a club / encourage your friends to sign up and follow each others progress, compete against friends, post rides onto social media and take up friends challenges, **ITS GREAT FUN.....JUST DON'T GET TOO ADDICTED!**

## WHO THIS APP IS SUITABLE FOR:

Anyone who is interested in fitness from beginners to experts. Very user friendly app that lets you map your rides / runs / walks giving you access to data such as:

**SPEED, AVERAGE, MAXIMUM  
DISTANCE  
ELEVATION  
CALORIES BURNT  
HEARTRATE AND MUCH MORE**

You can see Strava live segments to find out where your mates are currently running/cycling etc and you can challenge for their times and see your position in the local area against anyone who has completed your route. **CLICK THE LINK IN THE RED BOX TO SEE HOW IT WORKS**

**STRAVA**

<https://youtu.be/JDwhnj-tdfA>

## TOP TIPS FOR COMPLETING A WORKOUT ON STRAVA:

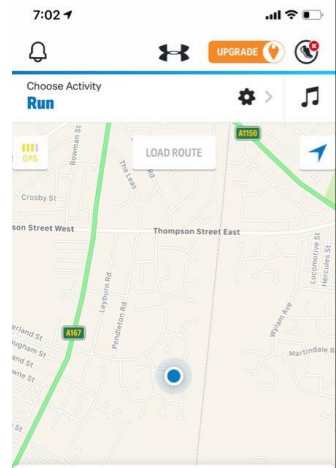
- Hydrate well before/during/after
- Use a heartrate monitor as you can track your intensity
- Try to work within 60-85% of your Max Heart Rate
- Don't chase a time that is unrealistic, stick within your ability
- Don't get too addicted to achieving leaderboard status, this can lead to too much overload and illness/injury.



# Map My Run

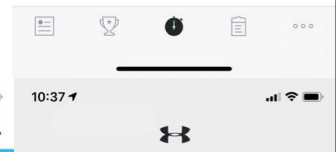
Although the app is called Map My Run, you can still enjoy other workouts such as running, cycling and walking.

If you enjoy exercising outdoor (running, cycling, walking) but are unsure of routes, would like to measure your distance and compete against friends, download Map My Run from the app store (Free).



0:00 DURATION 0.00 DISTANCE (KM)

START WORKOUT



To log a workout, simply press the start button from the homepage - you can then look back at your previous workouts by clicking the clipboard at the bottom.

You can change what exercise you are doing (running, cycling, walking) from the homepage settings at the top.

The three dots in the bottom right corner takes you to a menu where you can edit your profile, log additional workouts, look for different routes, add friends to compare workouts, log nutrition and add goals.

