

THE PEAK MINUTES PLAN

***The A.S.A.P. Workout Guide
For Interval Training***



*A Complete 12 to 18 Month Plan
For Interval Training*

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This Template has 12 workouts/month, each “Phase” is 1 Month.
Performing 3 workouts per week is recommended as an average.

If 2 workouts per week are chosen, then the plan could extend itself to 18 months total,
with each Phase becoming 6 weeks.

Workouts are conducted on a scale of 1-10 on effort.
10 is an ‘all-out’ effort rating.

Workouts begin with 5 minutes at a level 5 to 6 rating.

“e” is for Easy efforts, such as 5-6.

“h” is for Hard efforts, such as 9-10.

Basic Workout Template:

Begin with 5 minutes at an “Easy” rating of effort.

Transition to the minute-based easy/hard workout periods, for the suggested workout
duration for that workout.

Example: Phase I, Workout 1 has 11 minutes worth of 50 seconds easy, 10 seconds hard
for each minute.

You would do the 5 minute easy-rating warm-up, then transition into the 11 minute
period of 50 seconds easy, 10 seconds hard. This ends up being a total of 16 minutes for a
brief, concise workout.

Each Phase has been specially periodized (specifically planned) to have specified
durations for each workout day within the total phase, in order to allow the body to
work at differing volumes of total intensities throughout the phase. These fluctuations
allow the body to adjust to varying demands that it sees in the world of sports.

Phases of Workouts To Complete	Easy & Hard Periods of Work Durations Per Minute	Average Durations of Each Phase
Phase I	50e, 10h	15
Phase II	40e, 20h	15
Phase III	30e, 30h	12
Phase IV	45e, 15h	18
Phase V	40e, 20h	18
Phase VI	30e, 30h	15
Phase VII	45e, 15h	20
Phase VIII	40e, 20h	20
Phase IX	35e, 25h	15
Phase X	50e, 10h	20
Phase XI	45e, 15h	20
Phase XII	40e, 20h	15

Workout #	Phase I Durations	Phase II Durations	Phase III Durations
1	11	11	9
2	10	10	8
3	14	14	11
4	21	21	17
5	12	12	10
6	11	11	9
7	11	11	8
8	21	21	17
9	14	14	11
10	20	20	16
11	14	14	11
12	21	21	17

If you were to start off the year with this, this is how it would look:

Phase I: January
Phase II: February
Phase III: March

Workout #	Phase IV Durations	Phase V Durations	Phase VI Durations
1	14	14	11
2	12	12	10
3	16	16	14
4	25	25	21
5	14	14	12
6	14	14	11
7	13	13	11
8	25	25	21
9	16	16	14
10	23	23	20
11	16	16	14
12	25	25	21

Phase IV: April
Phase V: May
Phase VI: June

Workout #	Phase VII Durations	Phase VIII Durations	Phase IX Durations
1	15	15	11
2	13	13	10
3	18	18	14
4	28	28	21
5	16	16	12
6	15	15	11
7	14	14	11
8	28	28	21
9	18	18	14
10	27	27	20
11	18	18	14
12	28	28	21

Phase VII: July

Phase VIII: August

Phase IX: September

Workout #	Phase X Durations	Phase XI Durations	Phase XII Durations
1	15	15	11
2	13	13	10
3	18	18	14
4	28	28	21
5	16	16	12
6	15	15	11
7	14	14	11
8	28	28	21
9	18	18	14
10	27	27	20
11	18	18	14
12	28	28	21

Phase X: October

Phase XI: November

Phase XII: December

Implementations for the Multi-Sport Athlete:

These workouts may be applied to your traditional training regimes during an entire training year, even during an in-season phase of training for your sports. For simple terms, an “in-season phase” would be the time your team starts official practices, to the end of your post-season play. In general, most high school sports seasons will last 12 weeks. You could get in 3 Phases of training with 3 workouts/week (12 weeks of I, II & III) or 2 Phases of training with just 2 workouts/week (12 weeks of I & II).

I would advise starting out with Phase I at the end of your post-season play of your ‘major’ sport that you train for. Many multi-sport athletes will play 2-3 sports, but have one ‘major’ sport that is their passion or specialty. For instance, when I coached cross-country athletes, I found a majority of them were using the cross-country season to prepare for their ‘major’ sports of the winter months: basketball, wrestling, or hockey.

So, to further go along with this example, let’s say your major sport is a winter sport: basketball. Once ‘March Madness’ ends, take 1-2 weeks off and enjoy what’s called an ‘active recovery’ period, to help your body un-wind from the rigors of a season. Then, you could plan out the first 4 week workout period of Phase I into your training schedule. If you are transitioning into a spring sport, I would advise starting Phase I with 2 workouts a week, which extends it to a 6 week phase.

Since these workouts are mostly under 30 minutes, with a majority well under 20 minutes, they should be easy enough to implement into your training programs.

Caution: If you ever find yourself getting too worn-down from working out, refrain from doing 3 of these workouts per week, and limit yourself to 1-2 workouts a week. Multi-sport athletes are very prone to becoming over-trained due to the large amount of stress placed on their bodies. As a trainer & coach, I have seen 2-3 sport athletes become easily over-trained.

All of these workouts must have a strong focus on the time you perform them in. I would advise doing some forms of cross-training with these interval workouts.

Some cross-training methods to use are:

Running: If you’re into most sports, you are likely to have periods of sprinting & then periods of active recovery, with a brief walk/jog period. Running is the easiest & the most specific form to use for most sports when doing interval training.

Cycling: riding a bike or doing stationary bike work is a good method to use for general conditioning, and it gives your legs a slight break from the pounding & grinding of competition.

Jump Roping: Jumping as fast as you can for the 'hard' periods of time, and resting for the 'easy' periods of time is the easiest way to apply these protocols to a jump rope. Jump ropes are cheap & can be used virtually anywhere.

Cross-Trainers/Ellipticals: Like the stationary bike, these machines could be useful to you if your body needs a break from the pounding & grinding of a sport. The clock is also right there in front of you on most of these machines to use as a guide.

Footwork/Agility Ladder drills: Perform agility ladder drills for the 'hard' periods of time, followed by rest periods. To create your own combination of an agility ladder with its' own hurdles, visit <http://rst.speeddialcoach.com>. If you go to that site, you will see my creations of agility ladders & hurdles that I've made out of simple PVC pipe from a hardware store, and their many combinations of drills you can do from them alone. By making these items, you will save a lot of money, and add more to your training options at a minimal cost.

Overall, you have a pre-planned series of workouts that follow a protocol that's proven to work in creating better performance. I have used the principles of this plan to help average athlete runners improve their fitness levels by up to 20% within a 12 week period alone. There is no guarantee for such improvement levels in everyone, but it certainly can't hurt to have a proven plan that is setup scientifically to help you perform better in the end.

There are mainly 2 ways to train:

One way is with guidance, goals, and a proven plan.

The other is flying by the seat of your pants, wondering what to do next after hearing what some other person just did for their workout.

Failing to plan is planning to fail. It doesn't get any simpler than that.

Numerous athletes each year plan to fail, because they fail to plan a simple workout strategy.

The ones who have a plan and follow through, adjusting their strategy along the way to accommodate for changes, they are the ones who stick out above the rest.

This 12 to 18 month interval training plan gives you the freedom to be flexible in your training strategy. Even if you just used 2-3 phases alone, you could discover a lot of great benefits from it throughout your training.

Many athletes & coaches today are looking for ‘the edge’. Interval Training gives you one of the greatest conditioning edges that your training time can buy. It has been proven again & again to be superior to traditional ‘long & slow’ methods of distance running & training. It also is the closest thing that comes to mimicking the conditions of sports, without playing the sport day in & day out.

Choose wisely.

Choose to give yourself a new edge.

Choose The Peak Minutes Plan as your weapon of choice in your training arsenal!



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For more information, please visit <http://SpeedDialCoach.com>

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