

HIT - Training programs for ThoraxTrainer®



Target Users	Long distance skiers Triathletes/Runners/Swimmers/ Bikers
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Abbreviation	Betydning
DP	Double Poling
DIP	Diagonal Poling
DP-1	Double Poling on one leg at a time. Change leg every 30. Sec.
DP-2	Double poling with jump from leg to leg.

Program 1

Fitness, threshold, endurance, strength, core stability and balance.				
6-8 x 2 min., 80-90 % af max./30 sec. rest.				
Interval no.	Technique	Resistance		Strokes/min
		Menn	Women	
1	DP	5-6	3-4	42
2	DP	5-6	3-4	44
3	DP	6-7	3-4	46
4	DP	6-7	3-4	48
5	DIP	5	3	Free
6	DP-1	6	3	Free
7	DP	5	3	Free
8	DP-1	6	3	Free

Program 2

Fitness, threshold, endurance, strength, core stability and balance				
6-8 x 3 min., 80-85 % af max. / 1 min. rest.				
Interval no.	Teknik	Resistance		Strokes/min
		Menn	Women	
1	DP	5-6	3-4	46
2	DP-1	5-6	3-4	Free
3	DP-2	5-6	3-4	Free
4	DP	7-8	4-5	48
5	DP-1	6-7	3-4	Free
6	DP-2	6-7	3-4	Free
7	DP	7-8	5-6	40
8	DP	7-8	5-6	42

You should exercise in ThoraxTrainer 2-3 times a week. Use these 5 programs randomly, but never do one program more than once a week. Program 1 and 2 gives you overall endurance and fitness. Program 3, 4, and 5 gives you more max power, explosion and strength. All programs are High Intensive. Other training in ThoraxTrainer beside these 5 programs should be at max 70 % of max. Heart rate.

Program 3

Ekspllosion, maksimal speed, power, strength, VO2 Max.				
6 x 30 sek. max. / 2 min. rest.				
Interval no.	Technique	Resistance		Strokes/min
		Menn	Women	
1	DP	5-7	4-6	Free
2	DP	5-7	4-6	Free
3	DP	6-8	4-6	Free
4	DP	6-8	5-7	Free
5	DP	7-10	5-7	Free
6	DP	7-10	5-8	Free

Program 4

VO2 max, threshold, strength, Power, VO2 Max.				
10 x 1 min, 90 % af max. / 1 min. rest				
Interval no.	Technique	Resistance		Strokes/min.
		Menn	Women	
1	DP	5-7	3-5	Free
2	DP	5-7	3-5	Free
3	DIP	5-7	2-5	Free
4	DIP	5-7	2-5	Free
5	DP-2	5-7	3-5	Free
6	DP	6-8	4-7	Free
7	DP	6-8	4-7	Free
8	DIP	5-7	3-5	Free
9	DIP	5-7	3-5	Free
10	DP-2	6-8	4-6	Free

Program 5

VO2 max, Endurance, Threshold, Power Strength.				
(10 sec. Max. - 20 sec. easy) for 15 - 30 min.				
Increase resistance one step every third interval, and then start over again.				
Resistance level menn: 5-10				
Resistance level women: 3-7				
Stroke rate: Free				

