

## Work to Rest Ratio

One of the easy ways to get a client into shape and improve their fitness is to use a work to rest formula. For beginning clients wishing to improve their running ability and cardio endurance a work to rest ratio of 1 to 1 is ideal. Try the following work to rest ratio to gradually get a new client in shape.

3 mins warm up	
30 secs fast walk	30 secs run
1 min fast walk	1 min run
90 secs fast walk	90 secs run
2 mins fast walk	2 mins Run
3 mins fast walk	3 mins run
2 mins fast walk	2 mins run
90 secs fast walk	90 secs run
1 min fast walk	1 min run
30secs fast walk	30 secs run
3 mins cool down	

This simple formula is easily adapted, when a client fitness level improves the rest period is reduced. When starting out a heart rate monitor is ideal to ensure the client remains in their target range. This activity is an ideal homework activity to ensure a client is exercising between sessions.

Work and rest periods can also be established by using the lines on the oval. Complete the following using the side lines of the oval and the 25 metre lines and halfway line

<b>Lap 1</b>	
Start: Try line	
Jog to 25m line	Fast walk to Try line
Fast walk behind goal posts to opposite side line	Jog 25m
Fast walk to Try line	Fast walk to opposite sideline
<b>Lap 2</b>	
Start: Try line	
Jog to 50m line	Fast walk to Try line
Fast walk behind goal posts to opposite side line	Jog to 50m line
Fast walk to Try line	
<b>Laps 3 and 4</b>	
Use the same formula as above however in <b>Lap 3</b> jog 75m on both sides of the oval and on <b>Lap 4</b> jog the full 100m on each side of the oval.	

For more advanced clients rest periods are jogging and work periods are fast running.

### Running dice

The clients in your group are required to roll a dice to decide what activity they are required to do. Start at one corner of the oval to begin. The activities are based on the 4 sides of the rugby oval. Use any combination you like. For more variety use two dice (ie clients will roll 1 to 12).



Roll one: Fast Run side one, Jog side two, Fast run side three, Jog side 4.



Roll two: Jog side one, Jog side two, Jog side three, Walk side four.



Roll three: Fast Jog all four sides of the oval.



Roll 4: 10 Push ups fast jog, 10 sit ups fast jog, 10 star jumps fast jog, 10 squats fast jog.



Roll 5: Walk, Sprint, Walk, Sprint.



Roll 6: Lateral shuffle, Fast Jog, Lateral Shuffle, Fast Jog.

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