

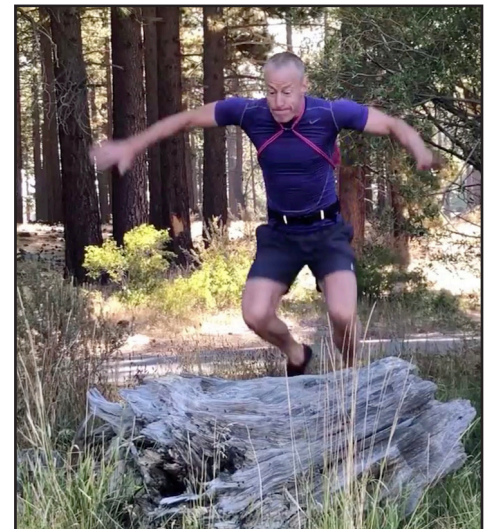
Suggested “Cardio 2.0” Workouts

Born To Walk presents a compelling argument to rethink the importance of steady state cardio and expand your perspective of what it means to be truly fit. Here are some important assertions:

- A pattern of steady state cardio at medium-to-difficult intensities can easily become exhausting and counterproductive to health
- Cardiovascular endurance is only a small sliver of total-body functional fitness for longevity
- All types of physical exercise are technically “cardio,” because the cardiovascular system responds to all kinds of muscular demand.

The recent rise in popularity of so-called hybrid athletes offers great inspiration to broaden your perspective beyond racking up miles in a straight line. Furthermore, your endurance performance will likely improve when you build complementary fitness attributes like muscular strength, mobility, and sprint competency. Here are some suggested workouts:

Jogging 2.0: Instead of a humdrum steady state session, you can mix jogging with brief medium-to-high intensity running technique drills, dynamic stretches, jumping drills, balance and agility drills, or core or leg strengthening movements—followed by walking for recovery between efforts. After a 5-10 minute warmup jog, you can initiate your first set of drills. Focus on executing perfect form and being crisp and explosive. After 15 seconds, stop and walk for 30-60 seconds, then do a few more sets of drills lasting 15 seconds each. Walk for a couple minutes to recover, resume jogging for a few minutes, and throw in additional sets of drills or challenges as desired—over the course of the workout. Perhaps tackle a challenge en-route, such as step-ups onto a bench, pushups, or par course apparati.



Visit the [Peluva YouTube channel](#) for instructional videos of Basic, Intermediate, and Advanced running technique drills, such as the popular “skipping” drills and many variations performed by track and field athletes. Search YouTube for “[Brad Kearns Jogging 2.0](#)” for workout inspiration.

Walkabouts: Instead of staying on the beaten trail or path, do some off-roading to purposely negotiate rough, varied, and/or uneven terrain. Even the most urban-dense pedestrian trails offer opportunities for brief detours onto varied terrain. The idea here is to purposely challenge your proprioception and foot functionality by walking on a rockbed or natural debris, up or down steep slopes, diagonally across a steep incline, or any other variation you can find in your environment. Mix things up! Our brains and lower extremities desperately need these challenges and variations to function optimally and maintain all-important balance skills throughout life.



Benchmark Workouts: Design a template workout with numerous disparate and measurable performance standards and conduct it on a regular basis to track your fitness progress. CrossFit is known for such “WOD” (workout of the day) sessions, with nicknames like MURPH, FRAN, LINDA, and CHELSEA. For example, the MURPH is running one mile, doing 100 pull-ups, 200 pushups, 300 squats, and running another mile for time. You can simplify this to running a mile for time, or doing your best single set of pushups or pull-ups, and repeating it every 4-6 weeks. You can also establish benchmarks for outdoor adventures that you aspire to complete 10, 20, or 30 years from now. Can you climb the trail to the highest peak in your state, or swim across the lake at your summer vacation spot? Keep it going!

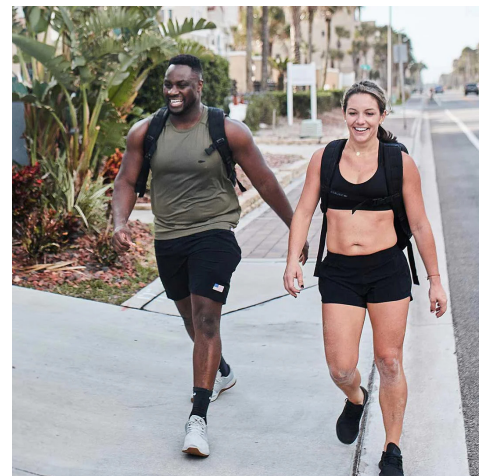


Walk-Jog-Walk-Jog Fat Max Workout: Instead of pegging your heart rate at fat max for the duration of your aerobic workouts, consider starting out at your typical jogging pace, then slowing to a walk when your heart rate reaches fat max. After 1-2 minutes of walking, your heart rate should drop significantly and you can break into a jog once again. Repeat the cycle—always slowing when your heart rate reaches fat max. Remember, there is no rule that you need to maintain a steady pace to get a good aerobic training session. Also realize that the longer the duration of your workout, the slower your average pace must be in order to remain at or below fat max. This is due to “cardiac drift”—cumulative fatigue causing the heart rate to drift higher. The the walk-jog-walk-jog pattern may be more appealing than feeling frustrated that you have to transition from jog to walk due to fatigue.

Fartlek Workout, aka “The Persistence Hunt”: Fartlek is a Swedish word that translates as “speed play”—a workout characterized by unstructured variations in running pace, typically over varied terrain. For decades, fartlek sessions have been very popular among endurance runners seeking variety and novelty from the typical rigid structure of interval workouts on the track or hill repeats. Fartlek seems pretty similar to an ancestral persistence hunt, doesn't it!? Anything goes with fartlek workouts (you are not worried about staying below fat max during such sessions.) A pack of runners can take turns leading and setting whatever pace one likes for however long one likes before ceding to another runner. Or, a fartlek run might entail charging up any hill encountered on the route, while jogging on flats and downhills. Some comments from the book *Exercise Physiology* on fartlek workouts: “When properly applied, this method overloads one or all of the energy systems”; and, “although it lacks the systematic and quantified approaches of interval and continuous training, it also adds freedom and variety to workouts.”

Walking With Purpose: Walk as fast as you can before having to break into a jog. You don't have to swivel your hips like an Olympic race walker, but a hurried cadence and extra arm pump elevates your heart rate and calorie burning. And, you obtain excellent aerobic conditioning effects without the impact trauma of jogging. Walking with purpose also offers a better opportunity for social connection than jogging or bicycling. Unlike jogging, you can establish a pace that's doable for all parties, can converse better without getting winded, and use less vigilance for safe footfalls.

Rucking: Rucking is a hot new fitness trend that entails walking or hiking with specially designed backpacks or weighted vests where you can add incremental, efficiently distributed weights to carry 15-50 pounds. With rucking, you can obtain some good upper body conditioning, and also improve aerobic conditioning without the impact trauma of running. Rucking delivers cardiovascular stimulation on a par with a running workout, but without the impact trauma. Rucking can be especially beneficial for seniors trying to ward off sarcopenia who lack the musculoskeletal resiliency to perform medium or high-impact exercise.



A rucking-specific backpack is typically recommended, but weighted fitness vests are also great. The key is to strap weight securely to the body so you don't have the potential hazard of weight bouncing around and throwing you off balance. Experts recommend starting with around 10 percent of your bodyweight, and hard core enthusiasts will go up to 40 percent of bodyweight. As with starting any new workout protocol, proceed gradually with rucking. One or two sessions per week are plenty, as you'll want sufficient recovery time for your muscles and connective tissue.

Uphill Backward Walking: You can try this on a safe outdoor hill or walk backwards on a slow moving treadmill. Weighted backward uphill walking delivers an excellent strengthening effect to the arches, calves, quads, and glutes in a way that forward walking does not. This exercise is also great for improving balance and proprioception. It's important to use minimalist shoes (or just socks on a treadmill) to get full muscle activation without interference from landing on an elevated heel shoe. Try walking for 3-5 minutes, take a short break for forward walking, and then repeat for a few sets.

Speedgolf: In speedgolf, you play as fast as you can while also trying to score well. Your speedgolf score counts a point for each stroke, and a point for each minute to achieve the lowest possible total. You play with just a handful of clubs in a small bag, and get a great workout while enjoying a compelling new challenge. It's easy to imagine the blend of strategy, cardiovascular fitness, and zen-like concentration necessary to excel in a speedgolf tournament. For players of all speeds, Speedgolf is an exhilarating way to break free from the stodgy convention of what devoted speedgolfers like to call "slow golf." Another key benefit is you can enjoy a nine or 18-hole round in a fraction of the time it typically takes to play, while also getting a great workout. Search YouTube for "[Brad Kearns speedgolf introduction](#)" to learn how to get started.

