

The Saturday Workout is an optional workout for those that want to push themselves a little harder and experience a slightly faster rate of fat loss. As well, it's great for those that don't just want to be strong, powerful and explosive. But for those that want to maintain a solid level of stamina and conditioning.

Now granted, this workout is not 100% necessary to get into "Warrior" shape. You can get just as lean, strong and toned as you want, without doing this bonus workout.

That said, this workout will help you speed up fat loss a bit and develop some solid stamina. As well, you will boost your aerobic and anaerobic capacity and even improve your V02 max.

I believe that as a Kino Warrior, you want to be fit for life. This doesn't just mean looking absolutely chiseled and being strong.

But a base level of conditioning is helpful too. This way you can keep up with your friends on the playing field. If you ever need to run fast, your legs and lungs will be on your side.

The good news is that a few sessions per week of intense incline walking can help boost your cardio and aerobic endurance. And one intense interval training session per week can help you maintain a base level of conditioning.

This study shows impressive results with just one intense interval session per week. Granted, you will be performing three intense lifting sessions per week, plenty of brisk walking or incline walking and one interval session per week.

This is an awesome level of activity. Anything beyond this will reduce and hamper your recovery ability. As well, too much additional activity will likely cause your appetite to roar.

Last but not least, remember: these are still optional.

### How This Workout Should Be Done

Below you'll find two versions of this Saturday Morning Workout. There are 3 parts to each workout, to be done consecutively.

In version 1, you'll start with the pyramid treadmill intervals. After you complete those, you'll do a few sets of hanging leg raises, and finally, you'll finish off the workout with some steady state walking at an incline.

Given that this workout is completely optional, it's up to you what - or how much - you want to do.

That said, the structure below IS very effective for additional fat loss...

### Saturday Workout Version 1

#### Part 1: Pyramid Treadmill Intervals

This is by far the most fun way to perform Intervals. Here's how you do it. I recommend walking at roughly 4mph and I recommend using a 1-2 degree incline for the whole session. Now as terms of how hard you should push yourself during this. I recommend not going beyond an effort level of 85-90%. So challenge yourself, but you shouldn't absolutely dread it.

Walking x 2 minutes

Jog at 6mph x 1 minute

Walking x 2 minutes

Jog at 7mph x 1 minute

Walking x 2 minutes

Jog at 8mph x 1 minute  
Walking x 2 minutes  
Run at 9mph x 1 minute  
Walking x 2 minutes  
Run at 10mph x 1 minute  
Walking x 2 minutes  
Run at 11mph x 1 minute  
Walking x 2 minutes  
Run at 12mph x 1 minute  
Walking x 2 minutes  
Run at 10mph x 1 minute  
Walking x 2 minutes  
Run at 8mph x 1 minute  
Walking x 2 minutes  
Run at 6mph x 1 minute  
Walking x 2 minutes  
Notes

This workout is assuming you can build up to a 12mph sprint. If this is too challenging for you, then I recommend only going up to whichever speed you are comfortable with. You can stay at that speed for 3-4 total intervals and then pyramid back down to 6mph. Each week, you can challenge yourself a little further.

## Part 2: Abs Training

Hanging Weighted Knee Raises:

4 sets of 6-15 reps (1-2 minutes rest between sets)

## Part 3: Fat Burning Cardio

15 minutes of walking on a treadmill (4mph and 3-4 degree incline)

## Saturday Workout Version 2

If you prefer not to run on the treadmill and you prefer to be outside, then I recommend performing some sprints (hill or flat). Sprints are very effective at promoting lean muscle growth, increasing hormonal output and increasing calorie burn.

To maximize power and speed I recommend performing a series of 60-80 yard sprints. You can do this on flat ground or a hill.

Warm up Sprint: 60% speed

Warm up Sprint 2: 70% speed

Warm up Sprint 3: 80% speed

Sprint 1: 90-95%

Sprint 2: 90-95%

Sprint 3: 90-95%

After 3 warm up sprints and 3 all out sprints, then you'll notice your power and speed starts to drop off. Therefore this is the perfect amount of volume to do.

After finishing the sprints you can perform some hanging leg raises or hanging knee raises on a pull up bar or playground bar. I'd perform 3 sets of 10-15 reps.

Finally you can finish off with 20-30 minutes of brisk walking outside.