

# the **CrossFit** JOURNAL ARTICLES

## Interval Generator

Greg Glassman

There are no bad intervals, only weak efforts. Variety and intensity will ultimately determine preparedness. Here is a scheme to give variance to your anaerobic work.

Intervals generated by this experiment will certainly be anaerobic yet are certain to pack a substantial aerobic punch.

Play with these intervals before or after your regular workouts or on "rest" days.

Die Number	Multiplier	x10 Work	x5 Rest	x2 # of Int'v
1		10	5	2
2		20	10	4
3		30	15	6
4		40	20	8
5		50	25	10
6		60	30	12



Roll single die (or three dice) and for first roll multiply number by 10 for work interval.

Then roll second die and multiply by 5 for the rest interval.

Roll again and multiply by 2 total for number of intervals.

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