

# 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.

<i>Die Number</i>	<i>Multiplier</i>	<i>x10Work</i>	<i>x5Rest</i>	<i>x2# of Int'v</i>
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.

Greg Glassman is the Founder of CrossFit, Inc. and Crossfit Santa Cruz and is the publisher of the CrossFit Journal. He is a former competitive gymnast and has been a fitness trainer and conditioning coach since the early 1980s.