

Controlled conditioning

Reviewed 31 October 2026 · General adult education

30–40 min · A familiar exercise mode, preferably stationary cycling; already accustomed to intervals

Before starting: use the pathway readiness check. These sheets are for adults without symptoms or restrictions affecting exercise. Experienced sheets require familiar technique. A matched result is not medical clearance.

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.

Effort & preparation

Purposeful, controlled effort around 6/10 on a relative aerobic effort scale. Not all-out. This scale is different from repetitions in reserve.

8–10 min gradual warm-up in the same familiar mode.

Each 2-minute work period is followed by 2 minutes easy movement.

01 Controlled intervals | 4 × (2 min purposeful + 2 min easy)

Maintain smooth technique. Reduce effort or end the work block if control or comfortable breathing recovery deteriorates.

Easier option: Replace with conversational walking/cycling; do not attempt unfamiliar intervals.

Finish: 5–8 min gradual cool-down. Replaces a demanding session; never added on top of an already busy sport week.

Record this session

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Controlled conditioning · Use the instructions on the preceding page(s).

Date / session start	
Sleep / energy beforehand	
Exercises: load, reps by set	
Effort / reps left in reserve	
Comfort / recovery afterwards	

Choose your next step

Comfortable and on target: repeat. Harder than intended: use an easier option or less resistance next time. Poorer recovery: rest or use the easier-day sheet. Symptoms: stop and follow the safety guidance.

For strength only: after two comfortable sessions at the top of the stated repetition range with the intended reserve, optionally make the smallest familiar load increase and return to the lower repetition count. Do not also add sets. There is no automatic weekly progression.

Aerobic work: repeating the same manageable dose is useful. Do not automatically add speed, duration or intervals.

What I will repeat or change	
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Sources & editorial limits

Aerobic effort and the talk test: CDC

<https://www.cdc.gov/physical-activity-basics/measuring/>

Training and competition load: IOC consensus

<https://doi.org/10.1136/bjsports-2016-096581>

Warming up: NHS

<https://www.nhs.uk/live-well/exercise/how-to-warm-up-before-exercising/>

Sources inform general principles; they have not tested or endorsed these exact KYH workouts. Original editorial templates, AI-assisted, not independently reviewed by a clinician.