



# WHY YOU SHOULD DO MODERATE INTENSITY STEADY STATE TRAINING



MISS, or Moderate-Intensity, Steady-State, is a similar form of cardio to LISS, but with increased speed and effort. For example, if your LISS cardio is walking at a fast pace, MISS would be a jog. At the beginning of MISS, your heart rate should be around 65-75% of your maximum heart rate, but as the time goes on, your heart rate should increase to around 75-80/85% of your maximum heart rate and stay there.

Your heart rate will get this high not because you are exercising at a fast speed like you would in HIIT, but because you are exercising at a continuously steady pace.

Doing this cardio for 30-45 minutes helps increase your overall cardiovascular endurance and gives you the base to perform HIIT and sprints more effectively.

## WHAT ARE THE BENEFITS?

- Reduced risk of injury.
- Exercise may feel more enjoyable.
- Helps to prepare you for the tougher sessions.
- Helps you to sleep better
- Improves blood / sugar levels