

1 SAUNA

BEGINNER

Weeks 1–4 · 2× / week

SAUNA

160–170°F

71–77°C

8–12 minutes

COLD PLUNGE

55–60°F

13–16°C

30–90 seconds

REST BETWEEN ROUNDS

5–8 minutes

ROUNDS

2 rounds

TOTAL SESSION

≈ **30–40 min**

**End on COLD (energy)
or HEAT (sleep)**

COACHING NOTES

- Stay seated if lightheaded.
- Enter cold to shoulders; keep face out if needed.
- Breathe slowly through the nose in the plunge.
- Do not chase colder water yet.
- Goal: finish calm, not depleted.
- Sleep: last round heat only, 60–90 min before bed.
- Hydrate before and after; use electrolytes.

2 COLD PLUNGE

INTERMEDIATE

Consistent practice · 3× / week

SAUNA

170–180°F

77–82°C

12–15 minutes

COLD PLUNGE

50–55°F

10–13°C

1–3 minutes

REST BETWEEN ROUNDS

4–6 minutes

ROUNDS

3 rounds

TOTAL SESSION

≈ **50–70 min**

End on COLD for most sessions

COACHING NOTES

- Quick rinse between heat and cold is optional.
- Hold still in the plunge; control the breath.
- Rewarm naturally during rest—no hot shower.
- Skip cold after heavy lifting if hypertrophy is the goal.
- Sleep: last round heat only, 60–90 min before bed.
- Hydrate 12–16 oz per session with electrolytes.

3 REST + HYDRATE

ADVANCED

Adapted users only · 3–4× / week

SAUNA

180–190°F

82–88°C

15–20 minutes

COLD PLUNGE

45–50°F

7–10°C

2–4 minutes

REST BETWEEN ROUNDS

3–5 minutes

ROUNDS

3–4 rounds

TOTAL SESSION

≈ **70–90 min**

End on COLD (energy)

COACHING NOTES

- Do not drop below ~45°F without supervision.
- Exit immediately if shivering is violent or speech slurs.
- Cap weekly dose: ~60 min heat + ~11 min cold.
- Sleep: last round heat only, 60–90 min before bed.
- Hydrate before and after; use electrolytes.
- This is progression, not a contest.

SAFETY · NOT MEDICAL ADVICE

Consult a physician before contrast therapy if you are pregnant, have cardiovascular disease, uncontrolled hypertension, arrhythmia, Raynaud's, neuropathy, or take medications that affect heart rate or blood pressure. Exit heat if dizzy, nauseous, or confused. Exit cold if breathing cannot be controlled, shivering is violent, or extremities go numb. Never sauna or plunge alone if you are new or have risk factors. Hydrate before and after. No alcohol. Children require adult supervision and milder temperatures. Traditional Finnish-style heat assumed.