

Cardio Progression

- Begin by calculating the predicted max heart rate of the patient. Next, take 70% of this number to determine the ideal fat burning range and the baseline of all conditioning from this point on. ($220 - \text{age} \times .70$)
- Whatever stimulus is required to achieve this heart rate is where we begin in week one for all steady state work.

Week One.	10-20 minutes of steady state.
Week Two.	15-25 minutes of steady state.
Week Three.	20-30 minutes of steady state.
Week Four.	Interval program I
Week Five.	Interval program II
Week Six.	Interval program III
Week Seven.	Interval program IV
Week Eight.	Running program I
Week Nine.	Running program II
Week Ten.	Running program III
Week Eleven.	Running program IV
Week Twelve.	Running program V

Interval Progression

Interval I.

- 5 minute warm-up
- 10-15 minutes of :15-:30 hard [hard what?] by increasing heart rate by 10-20 beats, then back to baseline for 1-2 minutes.

Interval II

- 5 minute warm-up
- 10-20 minutes of :30-:45 seconds hard [hard what?] by increasing heart rate 15-20 beats, then back to baseline for 1-2 minutes.

Interval III

- 5 minute warm-up
- 10-20 minutes of :45-:1:00 hard [hard what?] by increasing heart 15-25 beats, then back down to baseline for 1-2 minutes.

Interval IV

- 5 minute warm-up
- 20-25 minutes of :30-:45 hard [hard what?] by increasing heart rate by 20-25 beats, then back to baseline for 1-2 minutes.

Running Progression

- If done on a treadmill, use at least a 4% grade of elevation.

Running I

- 5 minute run/walk warm-up
- Run steady state at baseline heart rate for 10-20 minutes.

Running II

- 5 minute slow running warm-up
- 15-20 minutes of steady state at baseline heart rate.

Running III

- 5 minute warm-up
- Interval I program

Running IV

- 5 minute warm-up
- Interval II program

Running V

- 5 minute warm-up
- Interval III program

Circuit Training Progression

Week One

- Circuit I for first 3 sessions :15 ____ :30 ____ :45 ____

Week Two

- Circuit II for 3 sessions :15 ____ :30 ____ :45 ____

Week Three

- Circuit III for 3 sessions :15 ____ :30 ____ :45 ____

Week Four

- Circuit IV for 3 sessions :15 ____ :30 ____ :45 ____

Week Five

- Circuit V for 3 sessions :15 ____ :30 ____ :45 ____

Week Six

- Circuit I for session one :15 ____ :30 ____ :45 ____
- Circuit II for session two :15 ____ :30 ____ :45 ____
- Circuit III for session three :15 ____ :30 ____ :45 ____

Week Seven

- Circuit II for session one :15 ____ :30 ____ :45 ____
- Circuit III for session two :15 ____ :30 ____ :45 ____
- Circuit IV for session three :15 ____ :30 ____ :45 ____

Week Eight

- Circuit III for session one :15 ___ :30 ___ :45 ___
- Circuit IV for session two :15 ___ :30 ___ :45 ___
- Circuit V for session five :15 ___ :30 ___ :45 ___

Week Nine

- Circuit I for session one :15 ___ :30 ___ :45 ___
- Circuit III for session two :15 ___ :30 ___ :45 ___
- Circuit V for session three :15 ___ :30 ___ :45 ___

Week Ten

- Circuit II for session one :15 ___ :30 ___ :45 ___
- Circuit IV for session two :15 ___ :30 ___ :45 ___
- Circuit V for session three :15 ___ :30 ___ :45 ___

Week Eleven

- Circuit III for session one :15 ___ :30 ___ :45 ___
- Circuit I for session two :15 ___ :30 ___ :45 ___
- Circuit V for session three :15 ___ :30 ___ :45 ___

Week Twelve

- Circuit V for session one :15 ___ :30 ___ :45 ___
- Circuit III for session two :15 ___ :30 ___ :45 ___
- Circuit V for session three :15 ___ :30 ___ :45 ___