

Client: Jane Doe

1. Warm-up

Purpose: To slowly elevate the pulse to an aerobic level by engaging in 5 minutes of slow aerobic activity. To increase core body temperature and increase blood flow and oxygen supply to the body.

2. Aerobic Session

Purpose: To improve the cardiorespiratory system of the body by exercising vigorously for at least 20-30 minutes, a minimum of 3 times a week on a regular basis.

F.I.T. Guidelines

		Low	Average	High
F	Frequency (sessions/week)	3	3-4	5+
I	Intensity (% maximum hear rate)	50-60%	60-75%	75-85%
T	Time (minutes/session)	20-30	30-45	45-60+

Max HR = 226 – age (women) (226 – age) * % (women)

Training Heart Rates: these #s have a 10/15 +/- margin of error!

50%= 94 60%= 113 70%= 132 80%= 151 90%= 170 100%= 189

Moderate activity 50-60%	Weight management 60-70%	Aerobic zone 70-80%	Anaerobic threshold 80-90%	Red-line 90-100%
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3. Cool-down

Purpose: To slowly decrease the heart rate by engaging in slow aerobic activity for at least 5 minutes

4. Stretching

Purpose: To help with delayed onset muscle soreness and metabolism of lactic acid. Stretch lower and upper body with static stretches for 5-10 minutes. Hold each stretch for 30 seconds.

Routines:

Alternate 1 & 2 for 8 weeks.

1. Intervals

- Warm up and gradually bring HR to 50-55% (5')
- HR to 55-60% (5')
- HR to 70-75% (5')
- HR to 55-60% (5')
- HR to 70-75% (5')
- HR to 55-60% (5')
- HR to 70-75% (5')
- HR to 55-60% (5')
- Cool-down and gradually bring HR to 50-55% (5')

Total time: 45 minutes

2. Endurance

- Warm up and gradually bring HR to 50-55% (5')
- HR to 60-65% (10')
- HR to 70-75% (20')
- HR to 60-65% (5')
- Cool-down and gradually bring HR to 50-55% (5')

Total time: 45 minutes

Comments:

In the ENDURANCE set, adjust intensity (RPE) as needed to be able to maintain the main set (20') at an even pace.