

(1 MONTH)
BEGINNER CARDIO
PROGRAM

CREATED FOR AUSTIN FIT MAGAZINE
BY CARRIE BARRETT, FOMO TRAINING



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>X-Train: Cross-training</p> <p>Planned Duration: 0:10:00 Let's start the program out simply with an easy 10 min at casual pace on the equipment of your choosing. Swim, walk, jog, bike, elliptical; you decide. Just keep your heart rate and effort level comfortable. Take a solid 15 min to do some good flexibility work afterwards.</p>	<p>REST!</p>	<p>X-Train: Cross-training</p> <p>Planned Duration: 0:15:00 Let's step it up a bit and maximize the time we have available to workout today by doing a little bit of aerobic intensity.</p> <p>Warm-Up (WU): 5 min at very easy effort whether on bike, run or elliptical. If we're talking RPE (Rate of Perceived Exertion, your RPE will be 2-3 on scale of 1-10. 10 is an all out effort)</p> <p>Main Set (MS): 5 min steady at a pace that gets your heart rate a little higher and your RPE up to 4-6</p> <p>Cool Down (CD): 5 min super EZ to CD back to 1-2 RPE. Stretch out thoroughly afterwards.</p>	<p>REST!</p> <p>Stretching at the very most.</p>	<p>X-Train: Short Interval Accelerations</p> <p>Planned Duration: 0:15:00 Let's mix it up again to keep the body guessing with another type of workout that addresses your neuromuscular (fast twitch, brain-muscle connection) fitness during an endurance workout to make it more intense and burn more calories.</p> <p>WU: 5 min very easy (RPE 2-3) followed by 3 x 10 second accelerations (RPE 6-8) w/ 30 seconds btw each to open and warm-up.</p> <p>The 30 sec recovery should get you back to RPE 2-3.</p> <p>MS: 5 min steady in the endurance HR zone (4-6) with a 10 second hard acceleration at the top of every min (8-10). Return back to the endurance HR zone (6-8) between the :10 efforts efforts.</p>	<p>X-Train: Up to :20 min cardio movement</p> <p>Planned Duration: 0:20:00 Let's make today our long slow endurance cardio day for the week.</p> <p>:15-:20 minutes of continuous movement whether it's walk, bike, run or stair climber. Keep your perceived exertion in that 3-5 range. You want to feel like you could go longer than :15-:20 min.</p>	<p>REST!</p> <p>Sleep in, do nothing. You earned it!</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>X-Train: Endurance Paced Cross-Training w/ Bursts</p> <p>Planned Duration: 0:20:00 Let's ride the momentum that you created last week and progres things slightly to keep it challenging, interesting and effective.</p> <p>WU: 5 min very easy (RPE 2-3)</p> <p>MS: 10 min steady in the endurance HR zone (4-6) with a 15 second hard acceleration at the top of every min (RPE 8-10). Return back to the endurance HR zone (RPE 6-8) between the :10 efforts efforts.</p> <p>CD: 5 min super easy (RPE 2-3) CD followed by stretching.</p>	<p>REST!</p>	<p>X-Train: Cross-Training Tempo Progression</p> <p>Planned Duration: 0:20:00 Let's step it up a bit and maximize the time we have available to workout today by doing a little bit of aerobic intensity.</p> <p>WU: 5 min at very easy effort whether on bike, run or elliptical. If we're talking RPE (Rate of Perceived Exertion, your RPE will be 2-3 on scale of 1-10. 10 is an all out effort)</p> <p>MS: 6-8 min steady at a pace that gets your heart rate a little higher and your RPE up to 4-6.</p> <p>CD: 5 min super EZ to CD back to 1-2 RPE. Stretch out thoroughly afterwards.</p>	<p>REST!</p>	<p>X-Train: Short Interval Accelerations</p> <p>Planned Duration: 0:15:00 Lets mix it up again to keep the body guessing with another type of workout that addresses your neuromuscular (fast twitch, brain-muscle connection) fitness during an endurance workout to make it more intense and burn more calories.</p> <p>WU: 5 min very easy (RPE 2-3) followed by 3 x 10 second accelerations (RPE 6-8) w/ 30 seconds btw each to open and warm-up.</p> <p>The 30 sec recovery should get you back to RPE 2-3.</p> <p>MS: 5 min steady in the endurance HR zone (4-6) with a 10 second hard acceleration at the top of every min (8-10). Return back to the endurance HR zone (6-8) between the :10 efforts efforts.</p> <p>CD: 5 min super easy (RPE 2-3) CD followed by stretching.</p>	<p>X-Train: Up to :20 min cardio movement</p> <p>Planned Duration: 0:20:00 Let's make today our long slow endurance cardio day for the week.</p> <p>:15-:20 minutes of continuous movement whether it's walk, bike, run or stair climber. Keep your perceived exertion in that 3-5 range. You want to feel like you could go longer than :15-:20 min.</p>	<p>REST! Stretching at the very most.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>X-Train: Endurance Paced Cross-Training w/ Bursts</p> <p>Planned Duration: 0:20:00 Let's ride the momentum that you created last week and continue this week before changing it up.</p> <p>WU: 5 min very easy (RPE 2-3)</p> <p>MS: 10 min steady in the endurance HR zone (4-6) with a 15 second hard acceleration at the top of every min (RPE 8-10). Return back to the endurance HR zone (RPE 6-8) between the :10 efforts efforts.</p> <p>CD: 5 min super easy (RPE 2-3) CD followed by stretching.</p>	<p>REST!</p>	<p>X-Train: Cross-Training Tempo Workout</p> <p>Planned Duration: 0:20:00 Same as last week and chance to make it more comfortable before we build during final prep week.</p> <p>WU: 5 min at very easy effort whether on bike, run or elliptical. If we're talking RPE (Rate of Perceived Exertion, your RPE will be 2-3 on scale of 1-10. 10 is an all out effort)</p> <p>MS: 6-8 min steady at a pace that gets your heart rate a little higher and your RPE up to 4-6.</p> <p>CD: 5 min super EZ to CD back to 1-2 RPE. Stretch out thoroughly afterwards.</p>	<p>REST!</p>	<p>X-Train: Short Interval Accelerations</p> <p>Planned Duration: 0:20:00 Lets mix it up again to keep the body guessing with another type of work-out that addresses your neuromuscular (fast twitch, brain-muscle connection) fitness during an endurance workout to make it more intense and burn more calories.</p> <p>WU: 5 min very easy (RPE 2-3) followed by 3 x 10 second accelerations (RPE 6-8) w/ 30 seconds btw each to open and warm-up.</p> <p>The 30 sec recovery should get you back to RPE 2-3.</p> <p>MS: 10 min steady in the endurance HR zone (4-6) with a 10 second hard acceleration at the top of every min (8-10). Return back to the endurance HR zone (6-8) between the :10 efforts efforts.</p> <p>CD: 5 min super easy (RPE 2-3) CD followed by stretching.</p>	<p>X-Train: Up to :25 min cardio movement</p> <p>Planned Duration: 0:25:00 Let's make today our long slow endurance cardio day for the week. Increasing duration by about 5 min from last week.</p> <p>:20-:25 minutes of continuous movement whether it's walk, bike, run or stair climber. Keep your perceived exertion in that 3-5 range. You want to feel like you could go longer than :15-:20 min.</p>	<p>RESTFUL RECOVERY DAY!</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>X-Train: Endurance Paced Cross-Training w/ Bursts</p> <p>Planned Duration: 0:25:00 Let's ride the momentum that you created last week and continue to build duration and bursts!</p> <p>WU: 5 min very easy (RPE 2-3)</p> <p>MS: 15 min steady in the endurance HR zone (4-6) with a 15 second hard acceleration at the top of every min (RPE 8-10). Return back to the endurance HR zone (RPE 6-8) between the :10 efforts efforts.</p>	<p>REST!</p>	<p>X-Train: Cross-Training Tempo Workout</p> <p>Planned Duration: 0:20:00 Bumping up Tempo duration slightly.</p> <p>WU: 5 min at very easy effort whether on bike, run or elliptical. If we're talking RPE (Rate of Perceived Exertion, your RPE will be 2-3 on scale of 1-10. 10 is an all out effort)</p> <p>MS: 10 min steady at a pace that gets your heart rate a little higher and your RPE up to 4-6.</p> <p>CD: 5 min super EZ to CD back to 1-2 RPE. Stretch out thoroughly afterwards.</p>	<p>REST!</p>	<p>X-Train: Short Interval Accelerations</p> <p>Planned Duration: 0:20:00 Lets mix it up again to keep the body guessing with another type of workout that addresses your neuromuscular (fast twitch, brain-muscle connection) fitness during an endurance workout to make it more intense and burn more calories.</p> <p>WU: 5 min very easy (RPE 2-3) followed by 3 x 10 second accelerations (RPE 6-8) w/ 30 seconds btw each to open and warm-up.</p> <p>The 30 sec recovery should get you back to RPE 2-3.</p> <p>MS: 10 min steady in the endurance HR zone (4-6) with a 10 second hard acceleration at the top of every min (8-10). Return back to the endurance HR zone (6-8) between the :10 efforts efforts.</p> <p>CD: 5 min super easy (RPE 2-3) CD followed by stretching.</p>	<p>X-Train: Up to :30 min cardio movement</p> <p>Planned Duration: 0:30:00 Let's make today our long slow endurance cardio day for the week. Increasing duration by about 5 min from last week.</p> <p>:25-:30 minutes of continuous movement whether it's walk, bike, run or stair climber. Keep your perceived exertion in that 3-5 range. You want to feel like you could go longer than :15-:20 min.</p>	<p>REST!</p>