

# Cardiovascular Training

You've got to move it, move it!

## Training Zone A:

220 - AGE = \_\_\_\_\_ x .65 = \_\_\_\_\_ (low end)

220 - AGE = \_\_\_\_\_ x .85 = \_\_\_\_\_ (high end)

## Training Zone B:

220 - AGE = \_\_\_\_\_ - RP = \_\_\_\_\_ x .65 + RP = \_\_\_\_\_ (low end)

220 - AGE = \_\_\_\_\_ - RP = \_\_\_\_\_ x .85 + RP = \_\_\_\_\_ (high end)

RP = Resting Pulse

### Walk to Walk Program

| Week  | Duration | Intensity | Recovery  | Reps | Session time  | Frequency  |
|-------|----------|-----------|-----------|------|---------------|------------|
| One   | 3-6 min  | Low       | 3 minutes | 2    | 6-12 minutes  | 2 x weekly |
| Two   | 3-6 min  | Low       | 3 minutes | 3    | 9-18 minutes  | 3 x weekly |
| Three | 6-10 min | Low       | 3 minutes | 2    | 12-20 minutes | 2 x weekly |
| Four  | 6-10 min | Low       | 3 minutes | 3    | 18-30 minutes | 3 x weekly |

### Walk to Jog Program

| Week  | Walk  | Jog    | Recovery  | Reps | Session Time | Frequency  |
|-------|-------|--------|-----------|------|--------------|------------|
| One   | 4 min | 30 sec | 3 minutes | 2    | 15 minutes   | 2 x weekly |
| Two   | 4 min | 30 sec | 3 minutes | 3    | 22.5 minutes | 3 x weekly |
| Three | 4 min | 45 sec | 3 minutes | 2    | 17.0 minutes | 2 x weekly |
| Four  | 4 min | 60 sec | 3 minutes | 3    | 24 minutes   | 3 x weekly |

### Steady State Training

| Week  | Duration | Intensity | Distance | AHR | RPE   | Kcal |
|-------|----------|-----------|----------|-----|-------|------|
| One   | TBD      | Moderate  | TBD      | TBD | 13-16 | TBD  |
| Two   | +5%      | Moderate  | TBD      | TBD | 13-16 | TBD  |
| Three | +5%      | Moderate  | TBD      | TBD | 13-16 | TBD  |
| Four  | +5%      | Moderate  | TBD      | TBD | 13-16 | TBD  |

### Disclaimer/Release of Liability

Prior to beginning an exercise program it is recommended to consult with your doctor or health and fitness professional. The participant, and if applicable, his/her guardians release Charmas Lee, Janice Lee or Believe and Perform Champions from any claim for bodily injury, illness, or damage in connection with the information provided while participating in the Colorado Springs School District 11 Thriving School Champions Wellness Campaign. The information offered is designed to help improve overall health and is in accordance with the generally accepted guidelines and position papers published by the American College of Sports Medicine and/or the National Strength and Conditioning Association. The information shared is not intended to be a treatment for any type of medical condition. The participant benefits from the knowledge of the Certified Registered Exercise Physiologist/Certified Strength and Conditioning Specialist.

Charmas Lee, Janice Lee or Believe and Perform Champions or their representatives specifically disclaim any liability, loss, or risk personal or otherwise, that is incurred as a consequence directly or indirectly of the use an application of the Certified Registered Exercise Physiologists/Certified Strength and Conditioning Specialists knowledge.