

Cardiovascular Workouts: Progressions

By: Elite Athletic Training Systems

Below are a handful of cardiovascular "progressions". Please make sure you are free from injury and in good health and make sure to perform each workout at an appropriate pace for you (the progressions below are general in nature). Always cease exercising if you feel faint or dizzy. It is imperative that you perform an appropriate warm-up and pre-stretch prior to beginning. Remember, the MORE calories you burn, the MORE fat calories you burn - so don't take it easy in hopes of being in a "fat burning" zone. If you ain't sweatin' - you ain't workin'.

Beginner #1: Treadmill (10 min.) - gentle pace Stationary bike (10 min.) - Level 3 Treadmill (5 min.) - brisk walk

Beginner #2: Treadmill (10 min.) - brisk walk Elliptical (10 min.) - Level 4 Treadmill (15 min.) - brisk walk

Beginner #3: Treadmill (15 min.) - light jog Elliptical (15 min.) - Level 5 Treadmill (20 min.) - light jog

Beginner #4: Treadmill (20 min.) - light jog Elliptical (20 min.) - Level 6 Treadmill (12 min.) - fast jog

Intermediate #1: Treadmill (25min.) - light jog Elliptical (25 min.) - Level 7 Treadmill (15 min.) - fast jog

Intermediate #2: Treadmill (30 min.) - brisk walk (w/incline) Elliptical (30 min.) - Level 7 Treadmill (20 min.) - fast jog

Intermediate #3: Treadmill (25 min.) - light jog Elliptical (40 min.) - Level 7 Stairmaster (20 min.) - Level 5

Intermediate #4: Treadmill (30 min.) - fast jog Elliptical (45 min.) - Level 7 Stairmaster (25 min.) - Level 6

Advanced #1: Treadmill (35 min.) - fast jog Elliptical (50 min.) - Level 8 Treadmill (30 min.) - Intervals (15 sec. "fast", 45 seconds "easy")

Advanced #2: Treadmill (40 min.) - fast jog Stairmaster (25 min.) - Intervals (1 min. "fast", 1 minute "easy") Treadmill (35 min.) - brisk walk (w/incline)

Advanced #3: Treadmill (45 min.) - fast jog Stairmaster (30 min.) - Intervals (30 sec. "fast", 30 sec. "easy") Treadmill (40 min.) - light jog (w/low incline)