

The Training Booklet

Cardio - Vigorous



Section One

An Overview

How do I use this booklet?

This booklet provides all the information you need to complete the programme. All you need to do is just follow the exercise prescription each week. You will need to familiarise yourself with the RPE chart before you start, our website has a video explaining this further if you need.

How does the programme work?

This programme is the moderate intensity cardio programme. We advise that you complete 3 sessions a week and follow the duration and exercise intensity recommended in the booklet. The duration and intensity does change with the programme so make sure you check the prescription every weeks.

How long does the programme last?

The programme lasts for 12-weeks. After you have finished the 12-week programme you can continue by increasing the number of sessions, duration or the intensity.

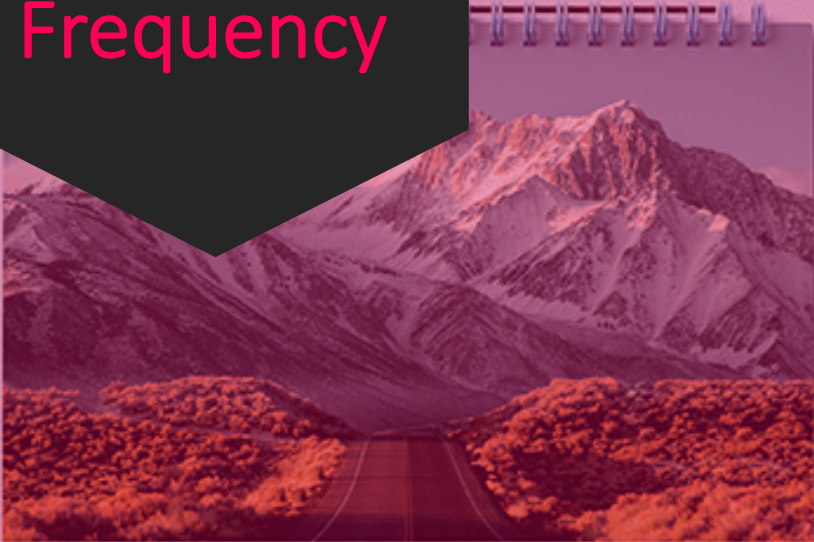
Can I change programmes?

Yes of course! You can even mix up the sessions within the week. We would still advise you try and do 3 sessions per week though. All exercise programmes can all be found on our website.

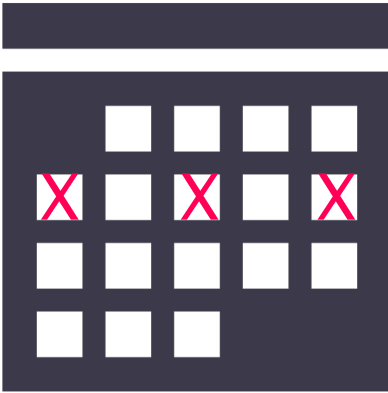


Step 1

Frequency



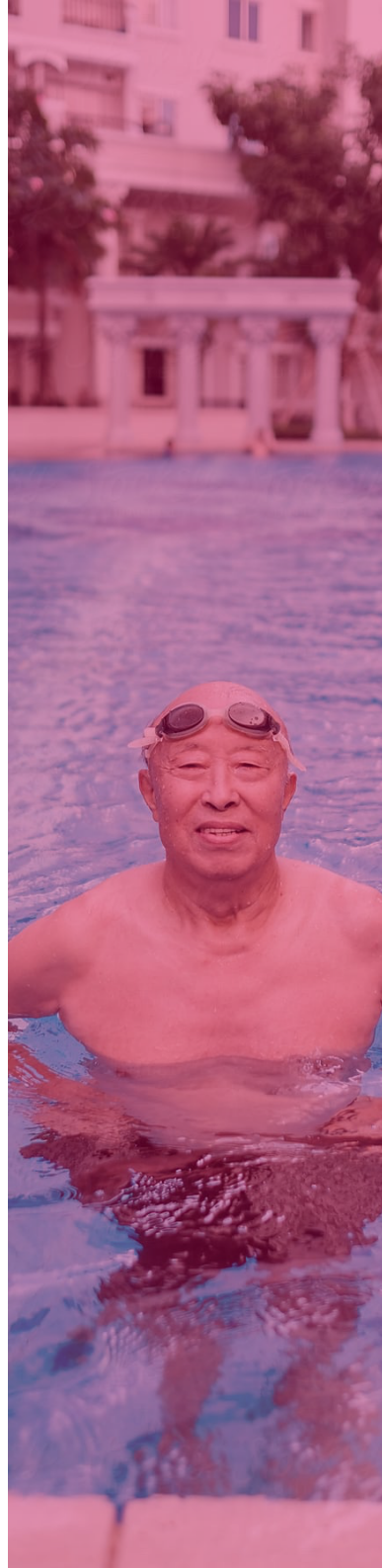
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9



You should try to train
**3 times per
week**
to achieve the full benefit
of this programme.

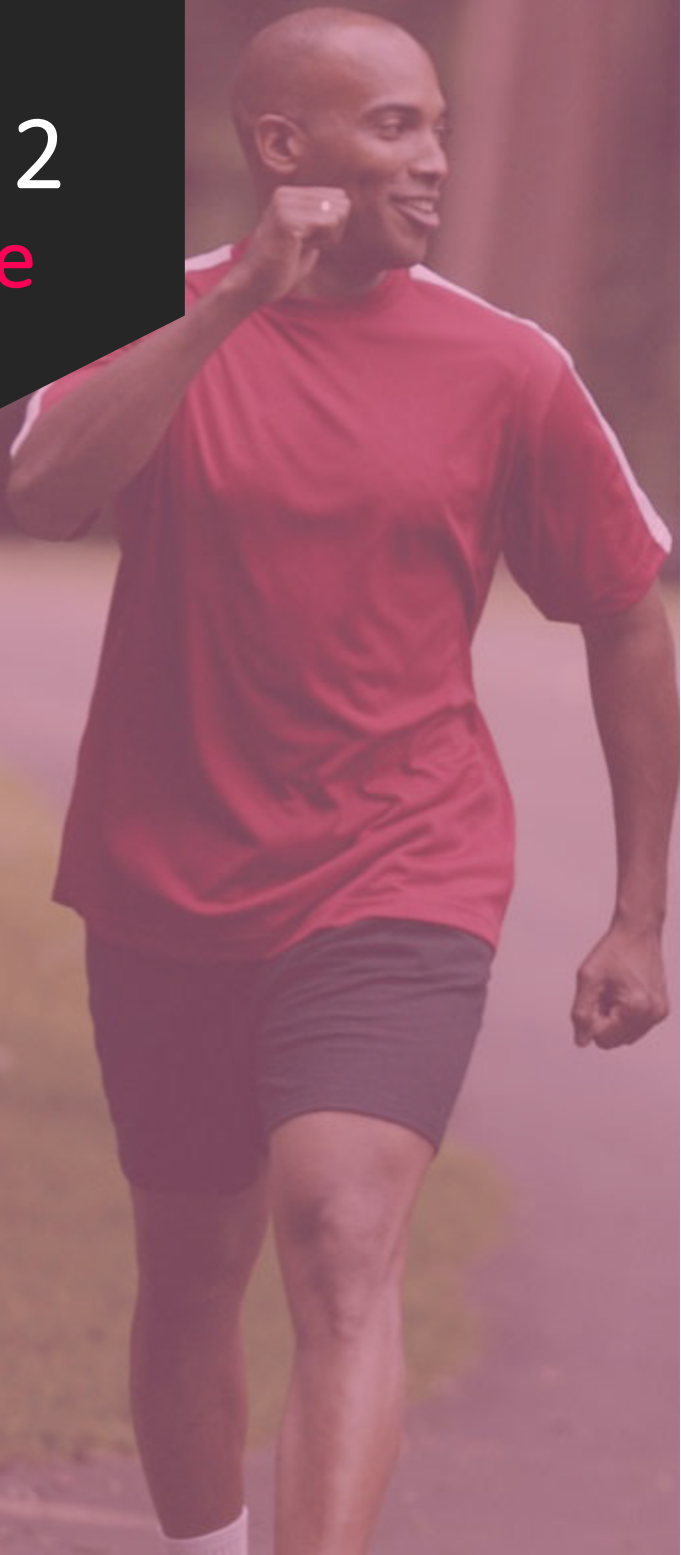
You can perform the exercise
on any days of the week. We
do advise though, that you
train **every other day** so you
get a rest day in between
sessions!

If you miss any number of
sessions, don't worry, just
continue where you left off!



Step 2

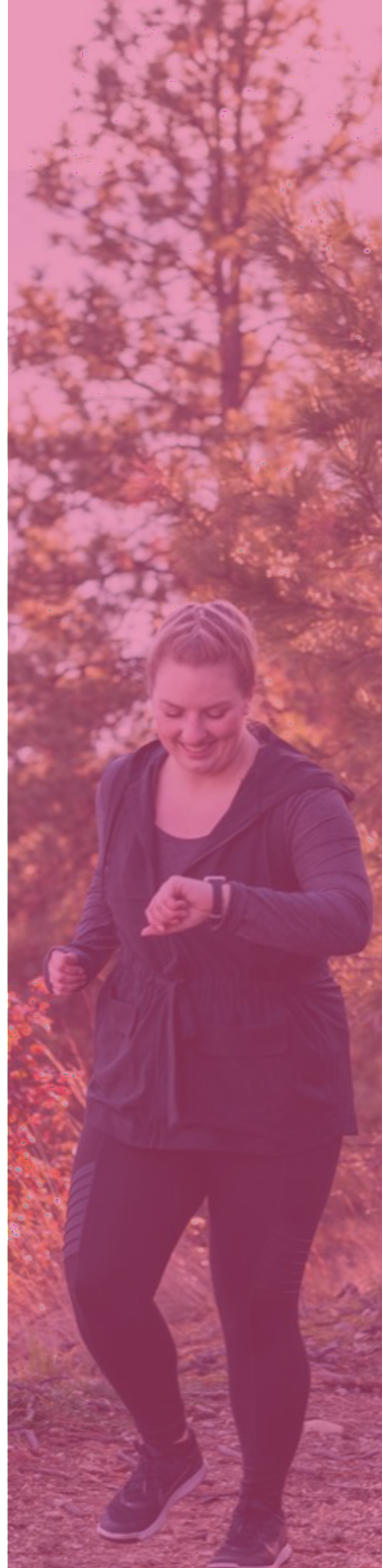
Mode



You can use a variety of **different** exercise types during this programme.



For example, walking, running, cycling or swimming.



Step 3

Sessions



You will complete a **5 minute warm-up** before the main session begins.

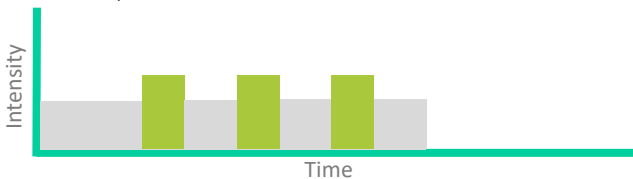


Your first weeks of sessions will start with **higher intensity intervals**, dispersed by periods of rest.

By the end of the programme, as your fitness improves, you will be performing **longer bouts** of higher intensity exercise **without any rest**.

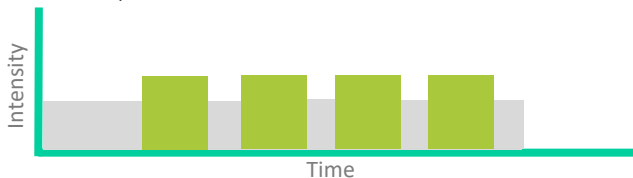
Week 1

Warm-up Work Rest Work Rest Work Rest



Week 6

Warm-up Work Rest Work Rest Work Rest Work Rest



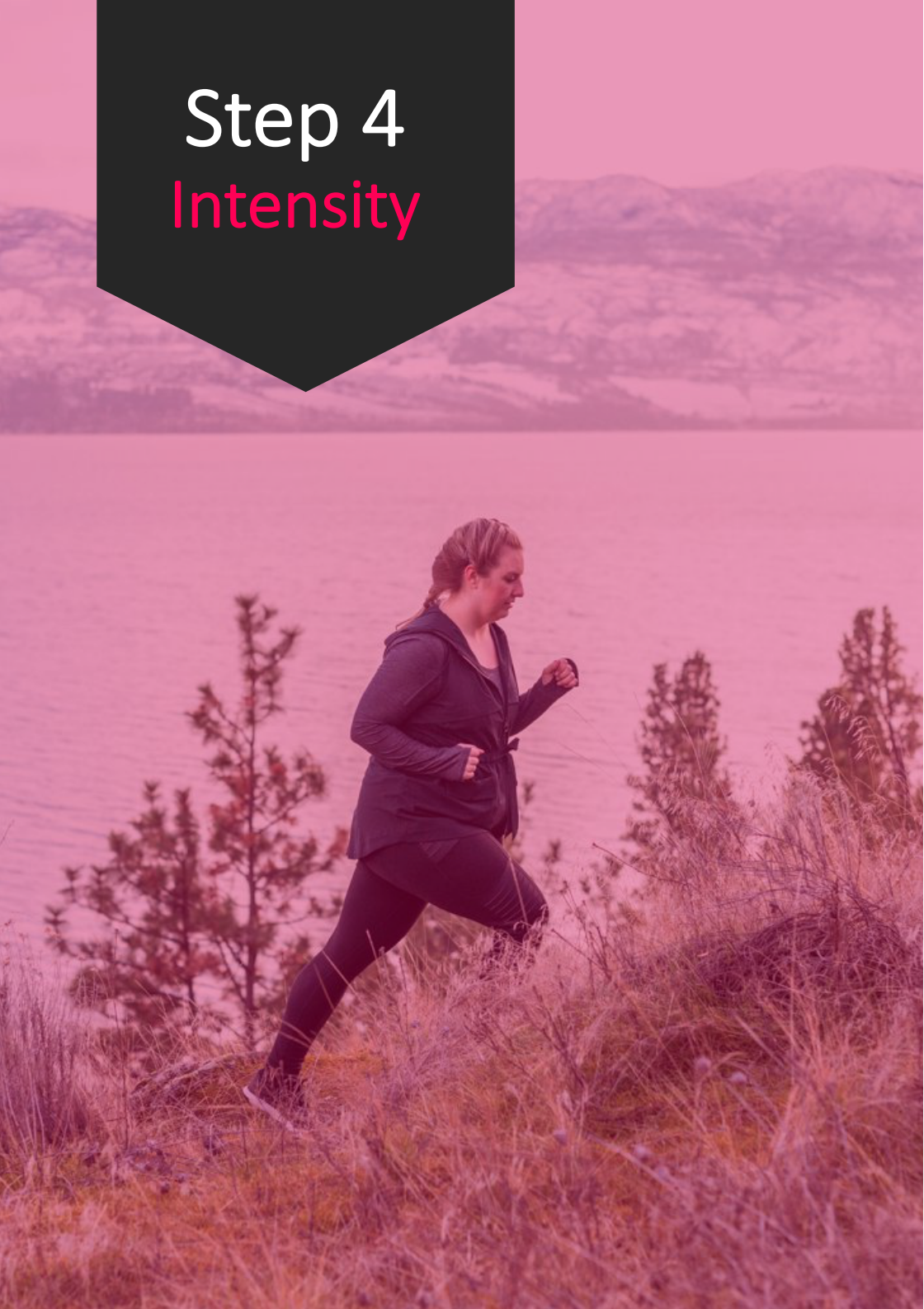
Week 12

Warm-up Work



Step 4

Intensity



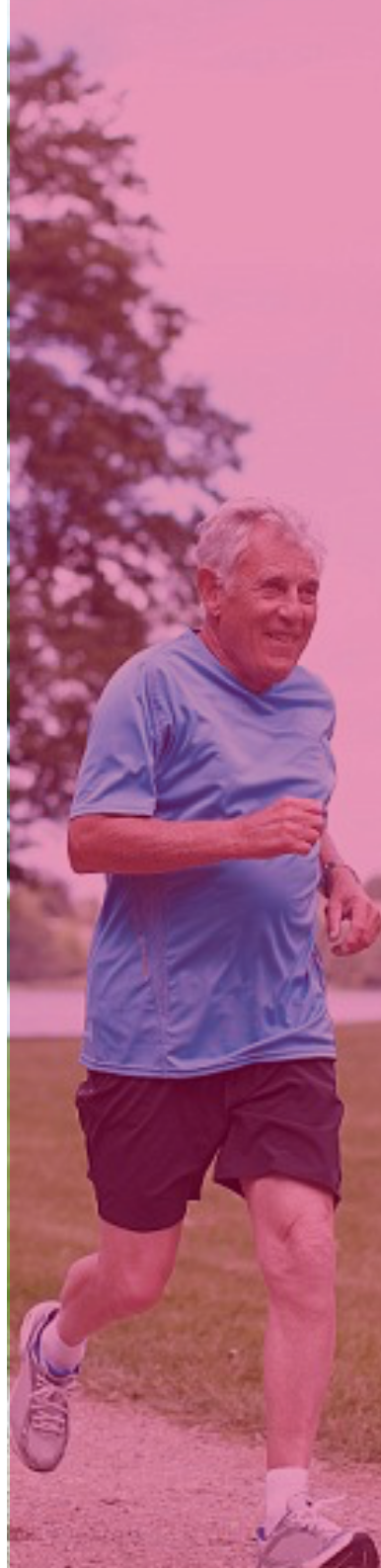
To help you work at the correct intensity for this programme we suggest you use the **RPE** chart on the next page.

RPE stands for Rate of Perceived Exertion and is a subjective assessment of how physically **difficult** you find the exercise.

During the warm-up you should work at an RPE of **1**. This means you should be able to sing while doing the exercise.

During the main session you should work at an RPE of **1-3**. This means you should be able to hold a conversation during the exercise.

If you have a **HEART RATE MONITOR** read page 13, if not, skip past this page!



Intensity	RPE	Heart Rate/Talk Test
<p>Very high Intensity</p> 	<p>10 9</p>	<p>90-100%</p> <p>You are completely out of breath and are unable to talk</p>
<p>High Intensity</p> 	<p>8 7</p>	<p>80-90%</p> <p>You can barely catch your breath and can only speak a single word</p>
<p>Vigorous</p> 	<p>6 5 4</p>	<p>70-80%</p> <p>You are short of breath, and can only speak a sentence</p>
<p>Moderate</p> 	<p>3 2</p>	<p>60-70%</p> <p>You should be breathing hard, but you are still able to hold a conversation</p>
<p>Very Light</p> 	<p>1</p>	<p>50-60%</p> <p>You should be able to sing</p>

If you have a heart rate monitor, you can find out what intensity you are working at based on your heart rate.

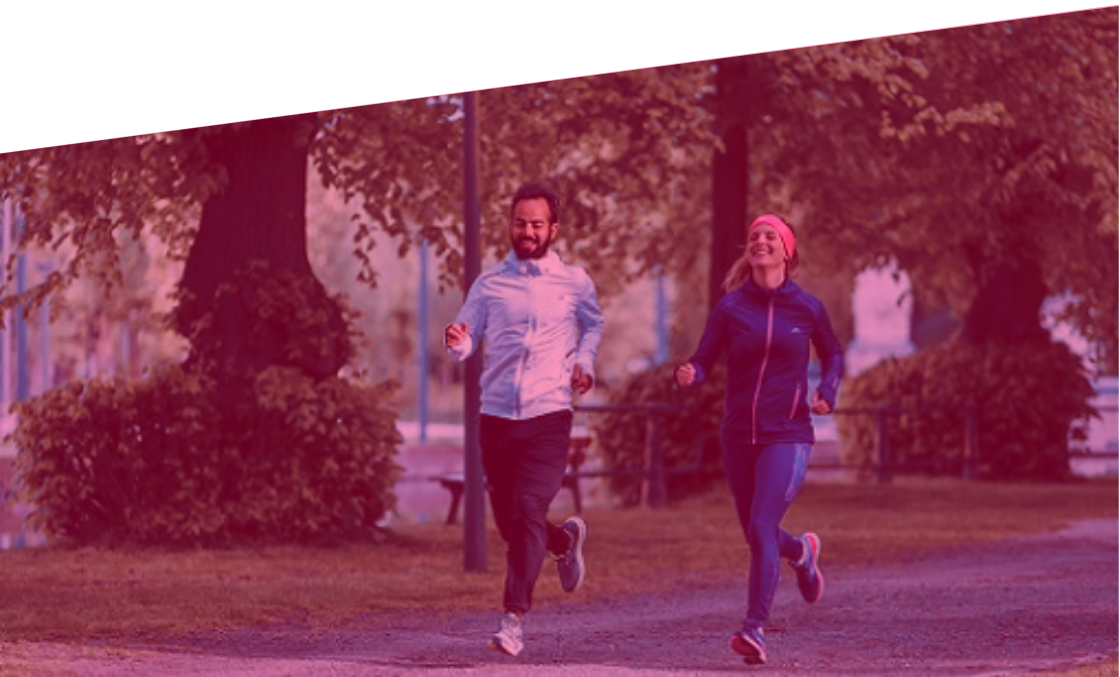
First, you need to work out your heart rate **maximum**.

Your max heart rate = (=220-age)

Your target heart rate = (90%)

So try to work at **50-60%** of your heart rate maximum during the **warm-up**.

During the main session your heart rate should be at of **60-70%** of your maximum. This means you should be able to hold a conversation during the exercise.



Section two

The Training Plan

1) Warm-up

Before **every** session, you need to complete a warm-up to raise your pulse and get your blood pumping!

We recommend that for **5 minutes** before your session, you can walk, jog, cycle or swim slowly or you complete some exercises like jogging on the spot or star jumps to raise your heart rate.

2) Main Session

Your first weeks of sessions will start with **higher intensity intervals**, dispersed by periods of rest. By the end of the programme, as your fitness improves, you will be performing **longer bouts** of higher intensity exercise **without any rest**.



Training Plan

Week 1

Every session
this week
should
involve:

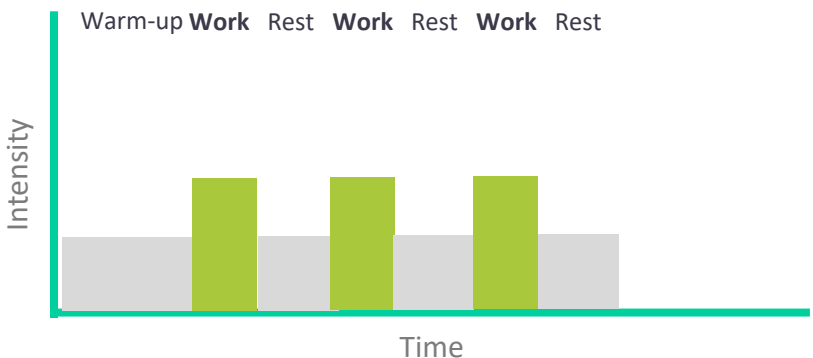
Duration



Intensity



1) Warm up	5 mins	Very Light 1
2) Interval 1	2 mins	Vigorous 4-6
3) Relax	3 mins	Very Light 1
4) Interval 2	2 mins	Vigorous 4-6
5) Relax	3 mins	Very Light 1
6) Interval 3	2 mins	Vigorous 4-6
7) Relax	3 mins	Very Light 1



Cardio - Vigorous

Training Plan

Week 2

Every session this week should involve:

Duration



Intensity



1) Warm up

5 mins

Very Light 1

2) Interval 1

3 mins

Vigorous 4-6

3) Relax

2 mins

Very Light 1

4) Interval 2

3 mins

Vigorous 4-6

5) Relax

2 mins

Very Light 1

6) Interval 3

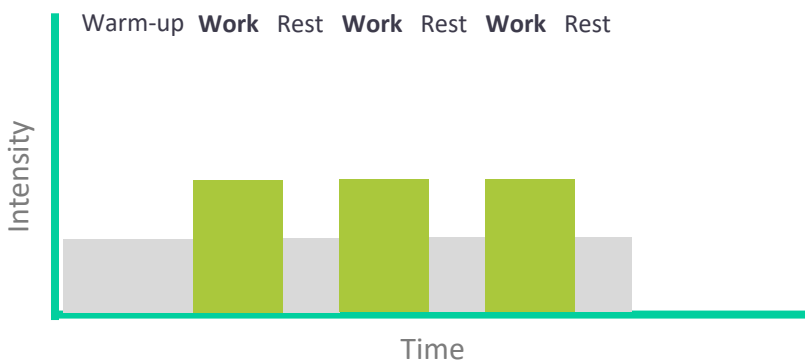
3 mins

Vigorous 4-6

7) Relax

2 mins

Very Light 1



Cardio - Vigorous

Week 1 and 2

	Completed (Y/N)	RPE at end of session
Week 1		
Session 1		
Session 2		
Session 3		
Week 2		
Session 4		
Session 5		
Session 6		

Training Plan

Cardio - Vigorous

Week 3

Every session
this week
should
involve:

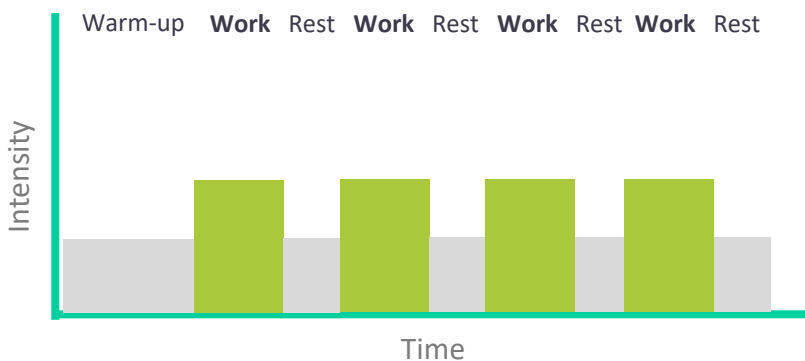
Duration



Intensity



1) Warm up	5 mins	Very Light 1
2) Interval 1	3 mins	Vigorous 4-6
3) Relax	2 mins	Very Light 1
4) Interval 2	3 mins	Vigorous 4-6
5) Relax	2 mins	Very Light 1
6) Interval 3	3 mins	Vigorous 4-6
7) Relax	2 mins	Very Light 1
8) Interval 4	3 mins	Vigorous 4-6
9) Relax	2 mins	Very Light 1

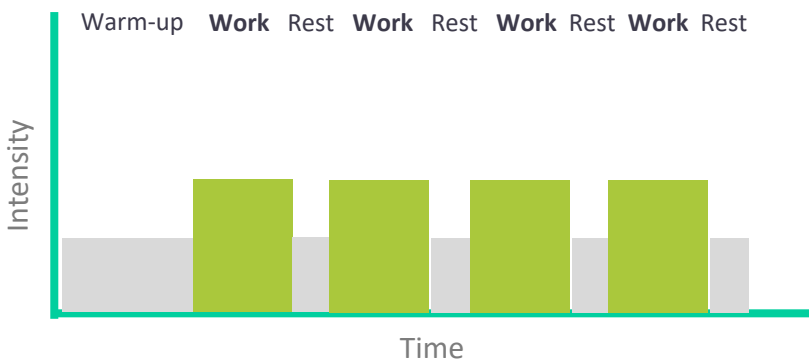


Training Plan

Cardio - Vigorous

Week 4

Every session this week should involve:	Duration 	Intensity 
1) Warm up	5 mins	Very Light 1
2) Interval 1	4 mins	Vigorous 4-6
3) Relax	1 min	Very Light 1
4) Interval 2	4 mins	Vigorous 4-6
5) Relax	1 min	Very Light 1
6) Interval 3	4 mins	Vigorous 4-6
7) Relax	1 min	Very Light 1
8) Interval 4	4 mins	Vigorous 4-6
9) Relax	1 min	Very Light 1



Week 3 and 4

	Completed (Y/N)	RPE at end of session
Week 3		
Session 7		
Session 8		
Session 9		
Week 4		
Session 10		
Session 11		
Session 12		

Training Plan

Cardio - Vigorous

Week 5

Every session this week should involve:

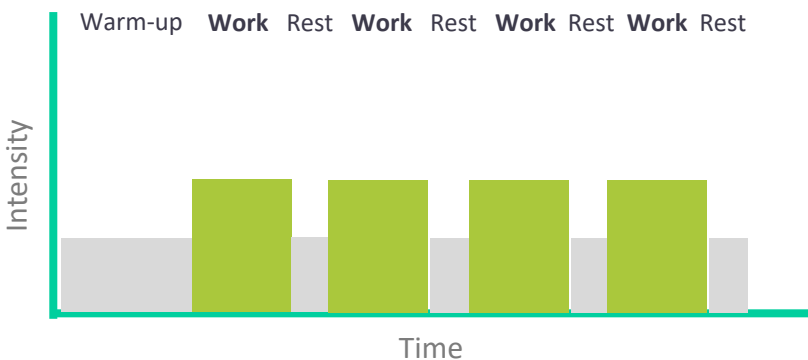
Duration



Intensity



1) Warm up	5 mins	Very Light 1
2) Interval 1	4 mins	Vigorous 4-6
3) Relax	1 min	Very Light 1
4) Interval 2	4 mins	Vigorous 4-6
5) Relax	1 min	Very Light 1
6) Interval 3	4 mins	Vigorous 4-6
7) Relax	1 min	Very Light 1
8) Interval 4	4 mins	Vigorous 4-6
9) Relax	1 min	Very Light 1



Training Plan

Cardio - Vigorous

Week 6

Every session this week should involve:

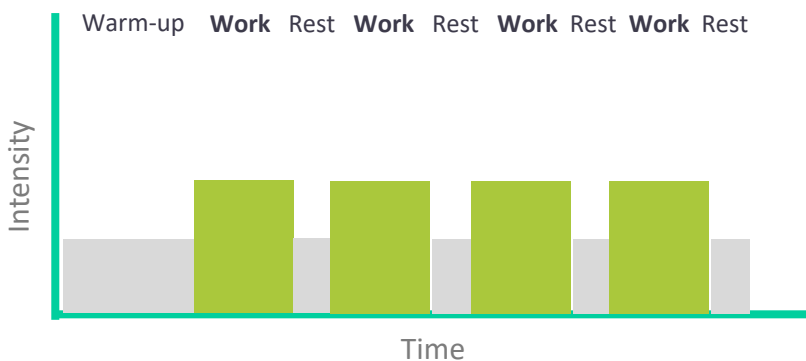
Duration



Intensity



1) Warm up	5 mins	Very Light 1
2) Interval 1	4 mins	Vigorous 4-6
3) Relax	1 min	Very Light 1
4) Interval 2	4 mins	Vigorous 4-6
5) Relax	1 min	Very Light 1
6) Interval 3	4 mins	Vigorous 4-6
7) Relax	1 min	Very Light 1
8) Interval 4	4 mins	Vigorous 4-6
9) Relax	1 min	Very Light 1



Week 5 and 6

	Completed (Y/N)	RPE at end of session
Week 5		
Session 13		
Session 14		
Session 15		
Week 6		
Session 16		
Session 17		
Session 18		

Training Plan

Cardio - Vigorous

Week 7

Every session
this week
should
involve:

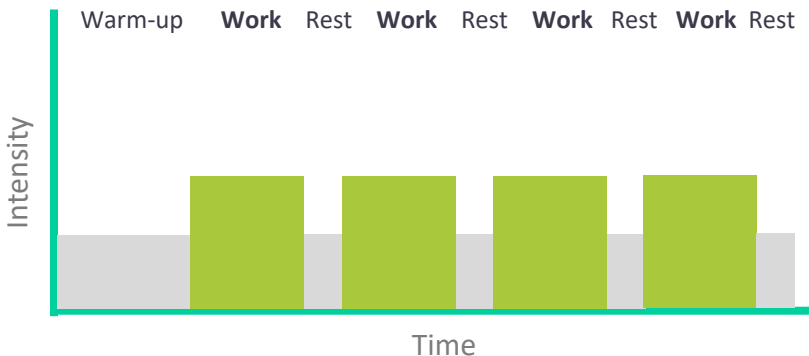
Duration



Intensity



1) Warm up	5 mins	Very Light 1
2) Interval 1	5 mins	Vigorous 4-6
3) Relax	1 min	Very Light 1
4) Interval 2	5 mins	Vigorous 4-6
5) Relax	1 min	Very Light 1
6) Interval 3	5 mins	Vigorous 4-6
7) Relax	1 min	Very Light 1
8) Interval 4	5 mins	Vigorous 4-6
9) Relax	1 min	Very Light 1



Training Plan

Week 8

Every session
this week
should
involve:

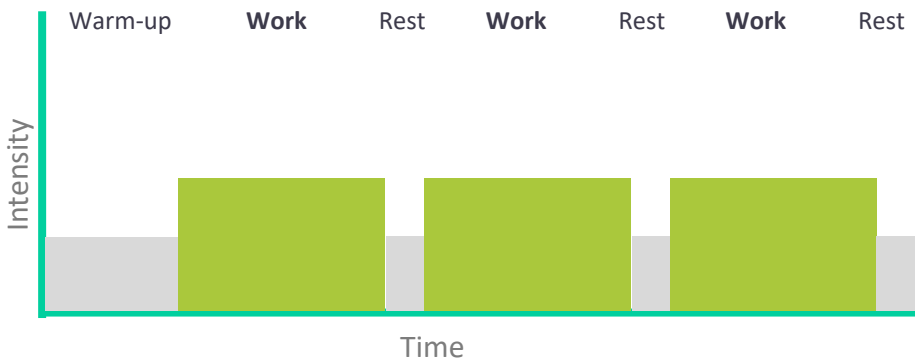
Duration



Intensity



1) Warm up	5 mins	Very Light 1
2) Interval 1	8 mins	Vigorous 4-6
3) Relax	1 min	Very Light 1
4) Interval 2	8 mins	Vigorous 4-6
5) Relax	1 min	Very Light 1
6) Interval 3	8 mins	Vigorous 4-6
7) Relax	1 min	Very Light 1



Cardio - Vigorous

Week 7 and 8

	Completed (Y/N)	RPE at end of session
Week 7		
Session 19		
Session 20		
Session 21		
Week 8		
Session 22		
Session 23		
Session 24		

Training Plan

Week 9

Every session
this week
should
involve:

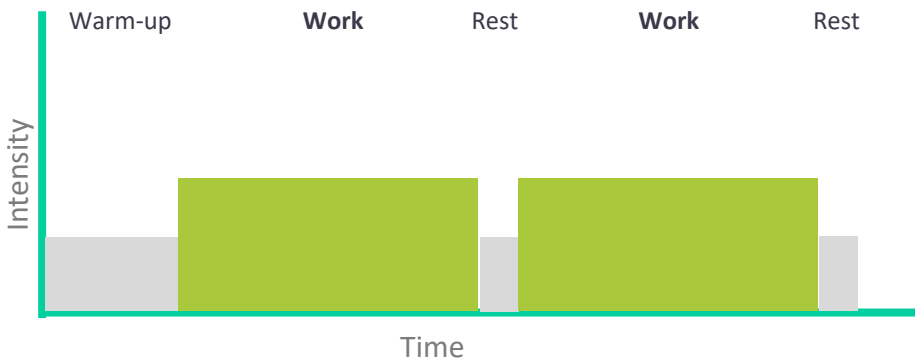
Duration



Intensity



1) Warm up	5 mins	Very Light 1
2) Interval 1	12 mins	Vigorous 4-6
3) Relax	1 min	Very Light 1
4) Interval 2	12 mins	Vigorous 4-6
5) Relax	1 min	Very Light 1



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Training Plan

Week 10

Every session
this week
should
involve:

Duration



Intensity



1) Warm up

5 mins

Very Light 1

2) Interval 1

12 mins

Vigorous 4-6

3) Relax

1 min

Very Light 1

4) Interval 2

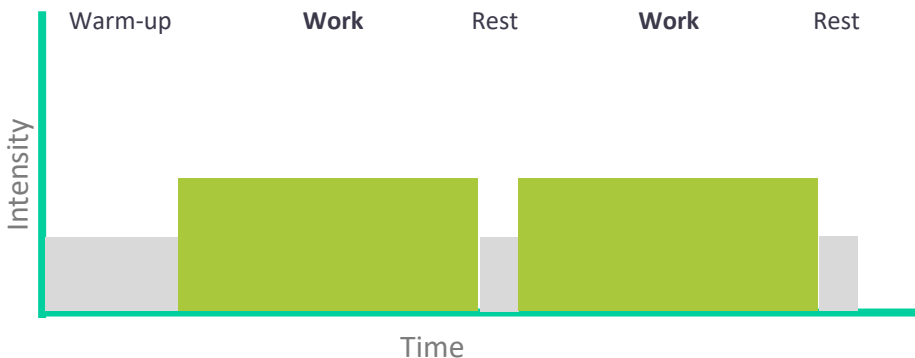
12 mins

Vigorous 4-6

5) Relax

1 min

Very Light 1



Cardio - Vigorous

Week 9 and 10

	Completed (Y/N)	RPE at end of session
Week 9		
Session 25		
Session 26		
Session 27		
Week 10		
Session 28		
Session 29		
Session 30		

Training Plan

Week 11

Every session
this week
should
involve:

Duration



Intensity



1) Warm up

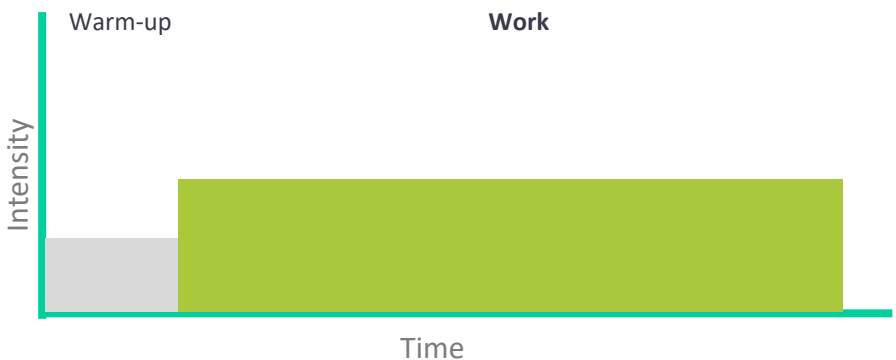
5 mins

Very Light 1

2) Interval 1

25 mins

Vigorous 4-6



Cardio - Vigorous

Training Plan

Week 12

Every session
this week
should
involve:

Duration



Intensity



1) Warm up

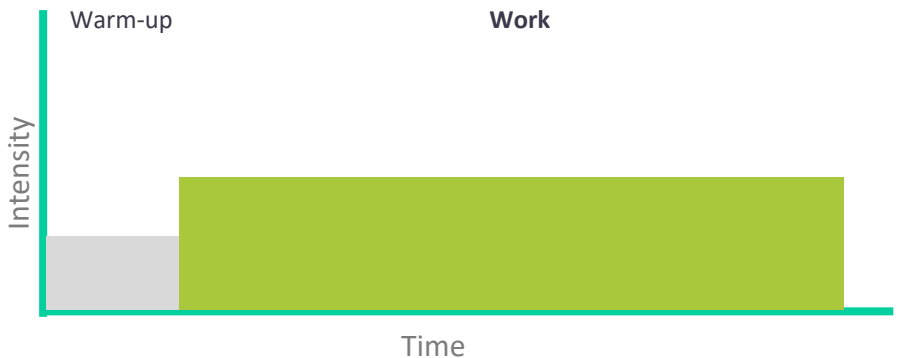
5 mins

Very Light 1

2) Interval 1

25 mins

Vigorous 4-6



Cardio - Vigorous

Week 11 and 12

	Completed (Y/N)	RPE at end of session
Week 11		
Session 31		
Session 32		
Session 33		
Week 12		
Session 34		
Session 35		
Session 36		



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