Cardiovascular Workouts Treadmill/Bike/Elliptical

**Treadmill #1**

**Speed:**
- **Beginner:** 9.0-10.0 mph
- **Intermediate:** 10.0-11.0 mph
- **Advanced:** 11.0-12.5+ mph

**Incline:**
- **Beginner:** 1.0-3.5%
- **Intermediate:** 3.5-6.5%
- **Advanced:** 6.5-8.0+%  

**Work:** 10-25 seconds (variable dependent on speed/incline) at your top speed

**Rest (walk):**
- **Beginner:** 45-60 seconds
- **Intermediate:** 30-45 seconds
- **Advanced:** 20-30 seconds

**Rounds:**
- **Beginner:** 4-5
- **Intermediate:** 6-7
- **Advanced:** 8-10

**Total Time:** 10 to 20 minutes (dependent on above variables)

**Treadmill #2**

- **Warm Up:** 2 minutes
- **6.0 Speed:** 1 minute
- **6.5 Speed:** 1 minute
- **6.0 Speed:** 1 minute
- **7.0 Speed:** 1 minute
- **6.0 Speed:** 1 minute
- **7.5 Speed:** 1 minute
- **6.0 Speed:** 1 minute
- **8.0 Speed:** 1 minute
- **6.0 Speed:** 1 minute
- **7.5 Speed:** 1 minute
- **6.0 Speed:** 1 minute
- **7.0 Speed:** 1 minute
- **6.0 Speed:** 2 minutes

**Total: 16 minutes**
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**Treadmill #3**

Warm up- 2 minutes
6.5 Speed- 1 minute
7.0 Speed- 1 minute
6.5 Speed- 1 minute
7.0 Speed- 1 minute
6.5 Speed- 1 minute
7.0 Speed- 1 minute
6.5 Speed- 2 minute
7.0 Speed- 2 minute
6.5 Speed- 2 minute
7.0 Speed- 2 minute

**Total: 16 minutes**

**Bike or Elliptical (If you have an injury or need low impact!)**

**Not a substitute for your speed work or agility!**

**Resistance:**
- Beginner: 8-10
- Intermediate: 10-15
- Advanced: 15-20

**Work:** 10-30 seconds (variable dependent on resistance/speed)

**Rest (slow pedal):**
- Beginner: 45-60 seconds
- Intermediate: 30-45 seconds
- Advanced: 20-30 seconds

**Rounds:**
- Beginner: 6-8
- Intermediate: 9-12
- Advanced: 15-20

**Total Time: 10 to 20 minutes**