

# 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**