

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