

Cardio-Vascular Training Guidelines

By Dave "Coach K" Kamienski

Type:

Any machine or exercise that provides for a continuous, elevated heart rate.

Examples:

- treadmill/running, bicycle, elliptical trainer, rowing machine, stair-climber
- training circuit (utilizing body weight, machines, free weights, calisthenics)

Frequency & Time:

30 minutes or more

3-4 X/week – general fitness; 5-6 X/week – weight loss

Intensity:

(drives the Target Exercise Heart Rates)

Max Predicted Heart Rate (MPHR) → $220 - \text{Age} = \text{Beats Per Minute}$.

Intensity Targets by Goal →

Fat Burn (55-70% MPHR): _____ BPM.

Endurance (70-80% MPHR): _____ BPM.

Performance (80-90% MPHR): _____ BPM.

Progression:

1. During the first 4 weeks, slowly work up to 20 minutes or more. Continue increasing time to desired 30 or more minutes over month 2.
2. First month may see higher than desired heart rate; this will stabilize (i.e lower) over the first few weeks. Begin to increase intensity of exercise after increasing time. By month 2, should be able to maintain heart rate in desired zone after about 20 minutes
3. After month 1, best way to progress is first increase time, and then increase intensity. Additionally, adding more days (frequency) will help as well.
4. Consider adding *interval training* into 1 or 2 weekly sessions. Instead of maintaining a *continuous* intensity level, intervals mix short higher intensity periods with lower intensity active rest periods.

Hints & Tips:

1. Mixing up the types - called *cross-training* - is very effective for physical results.
2. Cross-training is especially good for those with short attention spans that quickly loose interest with one machine. Consider splitting the 30-40 minutes over shorter sessions on 2 or 3 different types of equipment.
3. Cardio time passes much quicker with a good *distraction* – book/magazine, the TVs, or your personal music player.