



CARDIO PLAN & DEVELOPMENT

1. Recommend 3x/week interval training
 - Set Up in a 2-1 ratio for 30 minutes
 - 2 minutes at moderate intensity level (65% of MHR, which is calculated as $(220 - \text{age}) = \text{MHR}$) $\times .65$)
 - Followed by 1 minute at high intensity level (85% of MHR, which is calculated as $(220 - \text{age}) = \text{MHR}$) $\times .85$)
 - Should be 10 circuits of the 2-1 ratio per cardio workout
 - Training can be done on 1 or multiple pieces of equipment, so long as the percentages of MHR are reached on each (ie. 10 minutes on TM, 10 minutes on elliptical, 10 minutes on Stairmaster)

2. Recommend 2x/week low intensity training on non-interval days during weeks 1-6 of plan (ie. At around 65% MHR for 30 minute duration)

3. Recommend 2x/week plyometric training on non-interval days during weeks 7-12 of plan

4. Abdominal/Core Training is recommended every day (5x) that cardio is performed
 - Should 3 abdominal exercises per workout: 1 for oblique's (bicycles, side extensions, etc), 1 for lower abdominals (hanging leg raises, decline leg raises, etc) and 1 for regular rectus abdominus (middle) (regular crunch, abdominal machines, etc)
 - Should perform 2-3 sets of 15-20 each