



Advanced Aerobic Exercise

Information Summary



It is time to introduce more challenging exercise styles to capitalise on your previously established fitness and health benefits. This advanced program runs for **12 weeks** and introduces **High Intensity Interval Training (HIIT)** with **Continuous Training (CNT)**. You may use any selection of exercises that you feel most comfortable performing based on the equipment or venues available to you! - You may refer to our [Exercise Library](#) for some examples and instructional videos.

Here is an **example progression** of how you may gradually introduce yourself to HIIT and CNT aerobic exercise through-out your 12 week advanced aerobic program.

- **Day 1 – A repetition = 60 seconds work, 60 seconds recovery. RPE should be reached by end of work.**
- **Day 5 – A repetition = 4 minutes work, 3 minutes recovery. RPE should be reached by end of work.**

Week	Day 1 – (HIIT)			Day 3 – (CNT)			Day 5 – (HIIT)			Day 7 – (CNT)		
	Reps	RPE	HR	Mins	RPE	HR	Reps	RPE	HR	Reps	RPE	HR
1	5	6	80-85	20	4	70-80	3	6	80-85	20	4	70-80
2	7	6	80-85	30	4	70-80	4	6	80-85	30	4	70-80
3	10	6	80-85	40	4	70-80	5	6	80-85	40	4	70-80
4	5	6	80-85	20	4	70-80	3	6	80-85	20	4	70-80
5	5	7	85-90	20	6	80-90	3	7	85-90	20	6	80-90
6	5	8	90-95	20	6	85-95	3	8	90-95	20	6	85-95
7	8	7	85-90	20	4	70-80	4	7	85-90	20	4	70-80
8	9	7	85-90	30	4	70-80	5	7	85-90	30	4	70-80
9	10	7	85-90	40	4	70-80	6	7	85-90	40	4	70-80
10	5	7	85-90	20	4	70-80	3	7	85-90	20	4	70-80
11	5	8	90-95	20	6	80-90	3	8	90-95	20	6	80-90
12	5	9	95-100	20	6	80-90	3	9	95-100	20	6	80-90

HIIT involves periods of high intensity aerobic exercise interspersed with periods of active recovery. This means you will perform repetitions of high intensity aerobic exercise (i.e. cycling, jogging, rowing, and swimming) with active recovery performed in-between each exercise bout. The goal is to achieve a “near maximum” heart rate or an RPE (rating of perceived exertion) between 6 to 9 on the chart below by the end of the exercise repetitions!

MODIFIED RATING OF PERCEIVED EXERTION	BREATHING	% of MAXIMUM HEART RATE
0	No exertion	50% - 60%
1	Very light	
2	Notice breathing deeper, but still comfortable. Conversations possible.	60% - 70%
3	Aware of breathing harder; more difficult to hold conversation	70% - 80%
4		
5	Starting to breathe hard & getting uncomfortable	80% - 90%
6	Deep & forceful breathing, uncomfortable, don't want to talk	90% - 100%
7		
8		
9	Extremely hard	90% - 100%
10	Maximum exertion	