



Aerobic Exercise – Weekly Program Card



Example ADVANCED Program

Session #1 – HIIT				Session #2 – CONTINUOUS			
WARM-UP	Row Ergometer	<u>Time:</u> 3 mins		WARM-UP	Treadmill Walk	<u>Time:</u> 3 mins	

EXERCISES	CONTINUOUS		HIIT TRAINING		EXERCISES	CONTINUOUS		HIIT TRAINING	
	<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Reps : RPE</u>		<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Reps : RPE</u>
#1 – Row Ergometer	N/A	N/A	60 : 60 secs	5 : 6	#1 – Jogging	20 mins	RPE 4	N/A	N/A
#2 -					#2				
#3 -					#3				

STRETCHES	Tri. / Quad. / Ham.	SESSION RPE	7	STRETCHES	Quad. / Ham. / Calf	SESSION RPE	5
MAX HR	155	AVG HR	148	MAX HR	153	AVG HR	140

Session #3 - HIIT				Session #4 - CONTINUOUS			
WARM-UP	Bike Ergometer	<u>Time:</u> 3 mins		WARM-UP	Treadmill Walk	<u>Time:</u> 3 mins	

EXERCISES	CONTINUOUS		HIIT TRAINING		EXERCISES	CONTINUOUS		HIIT TRAINING	
	<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Reps : RPE</u>		<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Reps : RPE</u>
#1 – Bike Ergometer	N/A	N/A	4 : 3 mins	3 : 6	#1 – Jogging	10 mins	RPE 4	N/A	N/A
#2 -					#2 – Swimming	10 mins	RPE 4	N/A	N/A
#3 -					#3				

STRETCHES	Quad. / Ham. / Calf	SESSION RPE	6	STRETCHES	Tri. / Quad. / Ham.	SESSION RPE	5
MAX HR	158	AVG HR	150	MAX HR	151	AVG HR	142

Comments: _____