

Health Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Strength Session	Cardio 50 minutes Zone 2	Strength Session	Cardio 50 minutes Zone 2	Strength Session	Cardio 50 minutes Zone 2	Rest
Week 2	Cardio 50 minutes Zone 2	Strength Session	Cardio 50 minutes Zone 2	Strength Session	Cardio 50 minutes Zone 2	Strength Session	Rest
Week 3	Strength Session	Cardio 50 minutes Zone 2	Strength Session	Cardio 50 minutes Zone 2	Strength Session	Cardio 50 minutes Zone 2	Rest
Week 4	Cardio 50 minutes Zone 2	Strength Session	Cardio 50 minutes Zone 2	Strength Session	Cardio 50 minutes Zone 2	Strength Session	Rest

Health Training Plan Considerations

CARDIO	<p>Zone 2: Heart rate between 66-75% of your heart rate max. Formula to calculate your heart rate max. $208 - (0.7 \times \text{age})$ Multiply the result by 65% y 75% to obtain Zone 2</p>
STRENGTH	<p>Pick 1 upper body exercise and 2 lower body exercises (1 for the thigh muscles and 1 for the leg muscles). 2-5 series with an intensity of 85-100% of your 1 rep max, rest 3-5 minutes in between series. Example: Bench press Dead Lift Cal raises</p>
WARM-UP	<p>Perform 2 reps for every joint of <u>CARs</u> (should take you between 5-10 minutes)</p>
COOL-DOWN	<p>Focus on your breathing in order to get the heart rate down. Take 5 minutes. Breathing ratio inhale:exhale – 1:2</p>