



PPN

SAMPLE CARDIO PROGRAM INTERMEDIATE/ADVANCED

Intermediate/Advanced Sample Cardio Program			
Week	Days Per Week	Duration	Intensity
1	4 Days	30 Minutes	High*
2	4 Days	30 Minutes	High
3	4 Days	30 Minutes	High*
4	4 Days	40 Minutes	High
5	4 Days	40 Minutes	High/Include Intervals*
6	4 Days	40 Minutes	High/Include Intervals
7	4 Days	40 Minutes	High/Include Intervals*
8	4 Days	40 Minutes	High/Include Intervals
9	5 Days	45 Minutes	High/Include Intervals*
10	5 Days	45 Minutes	High/Include Intervals
11	5 Days	45 Minutes	High/Include Intervals*
12	5 Days	45 Minutes	High/Include Intervals
13	5 Days	45 Minutes	High/Include Intervals*
14	NO CARDIO - WEEK OFF		
15	5 Days	45 Minutes	High/Include Intervals
16	5 Days	45 Minutes	High/Include Intervals*
17	5 Days	55 Minutes	High/Include Intervals
18	5 Days	55 Minutes	High/Include Intervals*
19	5 Days	55 Minutes	High/Include Intervals
20	5 Days	55 Minutes	High/Include Intervals*
21	5 Days	60 Minutes	High/Include Intervals

* Change Mode of Exercise (Treadmill, Bike, Stairmaster, etc.)

† Information based on recommendations by NASM and NCCPT.