



**PPN**

# SAMPLE CARDIO PROGRAM NOVICE

<b>Novice/Deconditioned Sample Cardio Program</b>			
<b>Week</b>	<b>Days Per Week</b>	<b>Duration</b>	<b>Intensity</b>
1	3 Days	20 Minutes	Low
2	3 Days	20 Minutes	Low
3	3 Days	20 Minutes	Low
4	3 Days	20 Minutes	Med*
5	3 Days	20 Minutes	Med
6	3 Days	20 Minutes	Med/High*
7	3 Days	30 Minutes	High
8	3 Days	30 Minutes	High
9	3 Days	30 Minutes	High*
10	3 Days	30 Minutes	High
11	4 Days	30 Minutes	High
12	4 Days	30 Minutes	High
13	4 Days	30 Minutes	High*
14	4 Days	30 Minutes	High
15	4 Days	30 Minutes	High
16	4 Days	30 Minutes	High*
17	See Intermediate/Advanced Chart		

\* Change Mode of Exercise (Treadmill, Bike, Stairmaster, etc.)  
† Information based on recommendations by NASM and NCCPT.