

CfC - Advanced level monthly training program - remission

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1	30 min low-intensity cardio (HR < 110 bpm)	45 - 60 min cardio - moderate intensity (HR 120 - 150 bpm)	30 min moderate intensity - HR 120 - 150 bpm, followed by 3 x 3 - 4 min @ HR > 160 bpm - then 15 min cool down	60 - 120 min cardio - moderate intensity (HR 120 - 150 bpm)	30 min low-intensity cardio (HR < 110 bpm)	30 min moderate intensity - HR 120 - 150 bpm, followed by 3 x 90 sec @ HR > 170 bpm - then 15 min cool down	10,000+ steps
Week 2	30 min low-intensity cardio (HR < 110 bpm)	45 - 60 min cardio - moderate intensity (HR 120 - 150 bpm)	30 min moderate intensity - HR 120 - 150 bpm, followed by 4 x 3 - 4 min @ HR > 160 bpm - then 15 min cool down	60 - 120 min cardio - moderate intensity (HR 120 - 150 bpm)	30 min low-intensity cardio (HR < 110 bpm)	30 min moderate intensity - HR 120 - 150 bpm, followed by 4 x 90 sec @ HR > 170 bpm - then 15 min cool down	10,000+ steps
Week 3	30 min low-intensity cardio (HR < 110 bpm)	45 - 60 min cardio - moderate intensity (HR 120 - 150 bpm)	30 min moderate intensity - HR 120 - 150 bpm, followed by 5 x 3 - 4 min @ HR > 160 bpm - then 15 min cool down	60 - 120 min cardio - moderate intensity (HR 120 - 150 bpm)	30 min low-intensity cardio (HR < 110 bpm)	30 min moderate intensity - HR 120 - 150 bpm, followed by 5 x 90 sec @ HR > 170 bpm - then 15 min cool down	10,000+ steps
Week 4	30 min low-intensity cardio (HR < 110 bpm)	45 - 60 min cardio - moderate intensity (HR 120 - 150 bpm)	10,000+ steps	60 - 120 min cardio - moderate intensity (HR 120 - 150 bpm)	30 min low-intensity cardio (HR < 110 bpm)	60 min low-intensity cardio (HR < 110 bpm)	10,000+ steps

Key Points:

**Red - Continuous CV/workout**

**Yellow - off / recovery day**

**Blue - interval cardio day**

workout days can be limited, however keep sequence the same. Program is designed to incorporate three training weeks followed by a recovery week. At end of month return to week one of program.

Incorporate 15 minutes of total-body flexibility training (stretching) **after** each workout on Monday thru Saturday.

Start using pedometer and work up to 10,000+ steps per day on non-cardio workout days.

**Wednesday / Saturday** - incorporate high-intensity, long- (Wed.) or short- (Sat.) intervals during cardio workout.

Make sure to allow minimum for 15 minutes warm-up prior to and cool-down post intervals.

For athletes with specific goals (triathlon, marathon, century bike ride, etc.), rather than generalized high-level conditioning, more specific programs are available on-line, in books, or through simplyfit.com.