

RECOMMENDATION OF WEEKLY EXERCISE PROGRAM FOR HEALTH AND FITNESS

Zone 2

150 minutes per week



Cardio – Steady state Zone 2

- 30-60 minutes, 3 to 5 times per week
- Zone 2 training, meaning training is done at 60-70% of maximum heart rate, building an aerobic base
- Zone 2 is an “easy” run or cycle, a fast walk where you can maintain a conversation without getting too out of breath

VO2 Max

30 minutes per week



Cardio – VO2 Max training

- Anaerobic Interval Training
- 20-25 minutes, 1-2 times per week
- For example, 1 minute 95-100% effort with 2-minute recovery repeats
- Training can be performed using equipment such as an exercise bike, elliptical, rowing machine, AirBike, or activities such as hill climb repeats or sprint intervals

Strength

30-45 minutes per week
1-2 times per week



Strength training – Full body workout

- Once (twice) a week; 1 set per exercise
- To muscle failure or just short of muscle failure
- 80% of 1 repetition maximum (or using Time under load TUL principles)
- Perfect form without using momentum/inertia movement
- All major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

Stretching

5-10 minutes per day
and 30-60 minutes per week



Stretching/Yoga

- Daily 5-10 minutes every morning focusing on spine and hips
- 30-60 minutes once or twice per week as a more extended session

Balance/Stability

5-10 minutes per day



Balance/Coordination/Stability

- Balance board/met, single leg stance, dynamic movement, Pilates
- 5-10 minutes per day

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