

Progressive Cardiovascular Activity Progressions (this is an excerpt from my book *Stay at Home Strong*, full program at www.stayathomestrongebook.com)

The time line below is a suggested progression for cardio for beginners

Length of time	Times/week	Week
20 minutes	3/week	1
25 minutes	3/week	2
30 minutes	3/week	3
35 minutes	3/week	4
40 minutes	3/week	5
45 minutes	3/week	6
25 minutes	4/week	7
30 minutes	4/week	8
35 minutes	4/week	9
40 minutes	4/week	10
45 minutes	4/week	11
25 minutes	5/week	12

...and so on.

The general idea is to start slow and gradually build on your ability to perform cardiovascular activity for time. You can choose any type of activity you like; brisk walking, jogging, swimming, biking, running, hiking, stairs, rowing, elliptical machine, etc. You may hold the template for week 1 for longer than one week and progress whenever you feel you are ready.

At the beginner stage, there isn't any need to perform interval training. Just work hard enough to get your heart pumping and a decent sweat going. You shouldn't feel out of breath, exhausted, or spent. But you also shouldn't feel like you've just been sitting on the couch. On a scale of 1-10 for difficulty, where 10 is a full on sprint, and 1 is walking to the fridge for some warm milk, you should feel like you're at around a 6 or 7, or as is frequently termed "comfortably hard."

Questions? Email sumi@shailafitness.com or visit www.shailafitness.com