

	Exercise Frequency (sessions/wk)	Exercise Equipment	Exercise Intensity/Zone (% of HR Max/BPM)	Training Load	Warm- up (Min)	Exercise Duration (Min)	Cool- down (Min)	Total Time
<b>Week # 1</b>				<b>140</b>				
LSD	Medium Day	WALK/JOG/ BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm	45	5	45	5	55
LSD	Medium Day	WALK/JOG/ BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm	50	5	25	5	35
LSD	Light Day	WALK/JOG/ BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm	45	5	45	5	55
<b>Week # 2</b>				<b>154</b>				
LSD	Light Day	WALK/JOG/ BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm	40	5	20	5	30
LSD	Medium Day	WALK/JOG/ BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm	30	5	30	5	40
LSD	Light Day	WALK/JOG/ BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm	84	5	42	5	52
<b>Week # 3</b>				<b>168</b>				
LSD	Light Day	WALK/JOG/ BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm	50	5	50	5	60
LSD	Light Day	WALK/JOG/ BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm	50	5	50	5	60
LSD	Light Day	WALK/JOG/ BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm	68	5	34	5	44
<b>Week # 4</b>				<b>182</b>				
LSD	Light Day	WALK/JOG/ BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm	62	5	31	5	41
LSD	Light Day	WALK/JOG/ BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm	60	5	30	5	40
LSD	Light Day	WALK/JOG/ BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm	60	5	30	5	40
<b>Week # 5</b>				<b>160</b>				

Notes:

<b>Interval</b>	Medium Day	JOG/RUN/ SWIM/BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm Zone 2: 60%- 69% 116 bpm-135 bpm 1: 1 3mins	45	10	30	5	45
<b>Interval</b>	Medium Day	JOG/RUN/ SWIM/BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm Zone 3: 70%- 79% 136 bpm-135 bpm 2:1 3mins	50	10	30	5	45
<b>Interval</b>	Heavy Day	JOG/RUN/ SWIM/BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm Zone 3: 70%- 79% 136 bpm-135 bpm 2:1 3mins	65	10	39	5	54
<b>Week # 6</b>				<b>174</b>				
<b>Interval</b>	Medium Day	JOG/RUN/ SWIM/BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm Zone 3: 70%- 79% 136 bpm-135 bpm 1:1 2mins	68	10	34	5	49
<b>Interval</b>	Heavy Day	JOG/RUN/ SWIM/BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm Zone 2: 60%- 69% 116 bpm-135 bpm 1:2 3mins	70	15	42	5	62
<b>Interval</b>	Heavy Day	JOG/RUN/ SWIM/BIKE	Zone 1: 50% - 59% 97 bpm - 114 bpm Zone 2: 60%- 69% 116 bpm-135 bpm 1:1 4mins	36	15	24	5	44
<b>Week # 7</b>				<b>185</b>				

<b>Interval</b>	Heavy Day	JOG/RUN/ SWIM/BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm Zone 3: 80%- 89% 155 bpm-171 bpm 3:1 4mins	74	15	24	5	44
<b>Interval</b>	Heavy Day	JOG/RUN/ SWIM/BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm Zone 3: 80%- 89% 155 bpm-171 bpm 3:1 4mins	45	15	20	5	40
<b>Interval</b>	Heavy Day	JOG/RUN/ SWIM/BIKE	Zone 2: 60% - 69% 116 bpm - 135 bpm Zone 3: 80%- 89% 155 bpm-171 bpm 3:1 4mins	66	15	28	5	48

Notes: