

Cardiovascular Exercise Plan

Create your Cardiovascular Exercise Plan by completing the items below. Then create a calendar that outlines your Cardiovascular Exercise Plan for a two-week period.

My personal fitness goal:

How much cardio I need (minutes per day and days per week):

Which types of cardio I should do? (Identify at least two) You may refer to unit 1, lesson 2 to review types of cardiovascular training.

How will the types of cardio I have chosen align with my fitness goals?

Performance tips to keep in mind for each type of cardio I identified:

CARDIOVASCULAR EXERCISE CALENDAR

Create a calendar that outlines your Cardiovascular Exercise Plan for a two-week period. Account for the appropriate amount of time per day and days per week to reach your personal fitness goal. Be realistic about your schedule and specify times that you suit your unique schedule.

SUN	MON	TUES	WED	THURS	FRI	SAT
SUN	MON	TUES	WED	THURS	FRI	SAT