



UW-Oshkosh Strength & Conditioning
Cardio Program
Intermediate



Name: _____

Lesson 1:		
Date:		
Jog/Run - Moderate (70-80% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 4:		
Date:		
Jog/Run - Moderate (70-80% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 7:		
Date:		
Jog/Run - Moderate (70-80% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 10:		
Date:		
Jog/Run - Moderate (70-80% HR max)		
HEART RATE	TIME	RPE
Notes:		

Lesson 2:		
Date:		
Bicycle - Light (60-70% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 5:		
Date:		
Bicycle - Light (60-70% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 8:		
Date:		
Bicycle - Light (60-70% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 11:		
Date:		
Bicycle - Light (60-70% HR max)		
HEART RATE	TIME	RPE
Notes:		

Lesson 3:		
Date:		
Crosstrainer - Moderate (70-80% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 6:		
Date:		
Crosstrainer - Moderate (70-80% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 9:		
Date:		
Crosstrainer - Moderate (70-80% HR max)		
HEART RATE	TIME	RPE
Notes:		
Lesson 12:		
Date:		
Crosstrainer - Moderate (70-80% HR max)		
HEART RATE	TIME	RPE
Notes:		

** To estimate your maximum heart rate (HR max), subtract your age from 220. Use to Training Zone range to determine where your heart rate should be during the workout.

For Example:
 If 20 yrs old, HR max = 220-20 or 200

Moderate intensity - 70-80% of 200 or 140-160 beats/min

RPE SCALE	
0	No exertion at all
0.5	Very, very light
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard (Heavy)
6	
7	Very hard
8	
9	
10	Very, very hard
MAXIMUM	