

Rate of Perceived Exertion		
I feel like...		
Rest	0	I'm watching TV and eating.
Really easy	1	I'm comfortable , I could do this all day!
Easy	2	
Moderate	3	I'm sweating a little and can carry on a conversation effortlessly .
Somewhat hard	4	I'm comfortable but breathing a bit harder .
Hard	5	I'm just above comfortable, I'm sweating more and can still talk easily .
	6	I can talk, but I'm slightly breathless .
Very Hard	7	I don't want to talk!
	8	I grunt in response to questions.
Very, very hard	9	I'm probably going to die . I think the trainer hates me!
Maximal effort	10	I am dead.

Sample Phase 1 Cardiorespiratory-Training Progression					
Training Parameter	Week 1	Week 2	Week 3	Week 4	Week 5
Frequency	4x/wk	4x/wk	4x/wk	4x/wk	4x/wk
Duration – Total for Week (≤ 10% weekly increases)	60 min/wk	66 min/wk	72 min/wk	80 min/wk	88 min/wk
Example of Duration Sessions (continuous)	4 x 15 min	4 x 16.5 min Or 2 x 15 min 2 x 18.5 min	4 x 18 min Or 2 x 17 min 2 x 19 min	4 x 20 min Or 2 x 18 min 2 x 22 min	4 x 22 min Or 2 x 20 min 2 x 24 min
Incorporating intensities from phase(s)	1	1	1	1	1
Work-to-Recovery Intervals (active recovery)	None	None	None	None	None

Training intensities for phase 1

- Can talk comfortably
- RPE of 3-4 (“moderate” to “somewhat hard”)
- 64% to 76% MHR
- 40% to 59% HRR

Sample Phase 2 Cardiorespiratory-Training Progression					
Training Parameter	Week 1	Week 2	Week 3	Week 4	Week 5
Frequency	3x/wk	3-4x/wk	3-4x/wk	4x/wk	4-5x/wk
Duration – Total for Week (≤ 10% weekly increases)	“X” min/wk	10% increase	10% increase	10% increase	10% increase
Incorporating intensities from phase(s)	1	1 and 2	1 and 2	1 and 2	1 and 2
Work-to-Recovery Intervals (active recovery)	None	1:2 2-3 min intervals	1:2 3-4 min intervals	1:1½ 3-4 min intervals	1:1 4-5 min intervals

Training intensities for phase 2

- Not sure if talking is comfortable
- RPE of 5 to 6 (“hard”)
- 77% to 93% MHR
- 60% to 84% HRR

Sample Phase 3 Cardio Workout

Minutes	Phase Intensity	Description
5	1	Warm Up
1	2	Work
3	1	Recovery
1	3	Work
3	1	Recovery
1	3	Work
1	1	Recovery
1	2	Work
5	1	Cool Down
21	Total Minutes	

	Total Minutes	Percentage of Workout
Warm Up	5	24
Work Phase 2	2	10
Work Phase 3	2	10
Recovery	7	33
Cool Down	5	24
Totals	21	100

% Time Spent in Phase Intensities	
Phase 1	81
Phase 2	10
Phase 3	10

Sample Phase 3 Cardio Workout

Minutes	Phase Intensity	Description
5	1	Warm Up
1	3	Work
3	1	Recovery
1	3	Work
3	1	Recovery
1	3	Work
1	1	Recovery
1	3	Work
5	1	Cool Down
21	Total Minutes	

	Total Minutes	Percentage of Workout
Warm Up	5	24
Work Phase 2	0	0
Work Phase 3	4	19
Recovery	7	33
Cool Down	5	24
Totals	21	100

% Time Spent in Phase Intensities	
Phase 1	81
Phase 2	0
Phase 3	19

Training intensities for phase 3:

- Definitely cannot talk comfortably
- RPE of 7 to 10 (“very hard” to maximal effort)
- ≥ 94% MHR
- ≥ 85% HRR

Guidelines to Varying Phase 3 Training Intensities:

- 70 to 80% of time in phase 1 intensities
- Less than 10% of time in phase 2 intensities
- 10 to 20% of time in phase 3 intensities

Your Training Intensities:

Phase 1 _____

Phase 2 _____

Phase 3 _____