

Ultimate Guide to HOW MUCH CARDIO?

For Fat Loss - HIIT saves time & burn calcs longer

- 2x 10-15 min interval sessions/week (bike, tred, jog, walk, plyometrics)
- 2x 15-25 min interval sessions/week (bike, tred, jog, walk, plyometrics)
- 3-4 15-25 min interval sessions/week (bike, tred, jog, walk, plyometrics)

Everyone can benefit from more overall movement-include walks in your week, a goal of 8-10K steps per day will also help you reach your compositional goals.

For endurance goals: Runners, Cyclists, heart health

- 2x Build up to 20min walks, with small jog intervals if you desire to run a 5K
- 3x 15-30 min jog/cycle at a steady conversation pace. This builds your base.
- 3x CP runs according to your training plan, avoid leg day prior to your long run/ide and keep weight choices lighter with higher reps.

Avoid boredom, gain energy, feel better & less winded.

- 2x Build up to 20min walks, find small hills/stairs to gradually include
- A mix of short HIIT sessions (1-2) and walks (2-3) through the week
- A variety of 2 HIIT sessions (spin/run/plyo) and walks (2-3) through the week