



Building Your Sustainable Cardiovascular Training Plan

Objective: This worksheet will guide you through creating a **consistent, enjoyable, and effective cardiovascular training plan**. By following the **3 Golden Rules of Effective Training**, focusing on **intrinsic motivation**, and incorporating **practical steps**, You will build endurance, improve heart health, and create a fitness habit that lasts a lifetime.

Step 1: Design Your Training Plan

📌 Start with More Zone 2 Training

✅ Action Steps:

- ♦ Aim for **3–5 sessions per week** of easy-to-moderate intensity cardio.
- ♦ Zone 2 training should allow for conversation while exercising.

📝 My Zone 2 Training Plan:

✓ Activity: _____

✓ Frequency: _____ times per week

✓ Duration per session: _____ minutes

📌 Gradually Introduce Zone 5 Training

✅ Action Steps:

♦ Once comfortable with Zone 2 and consistently getting in 150 minutes per week. **Add short bursts of 10 seconds, slowly working up to 3 minutes at the end of your zone 2 workouts.**

📝 My Zone 5 Plan:

✓ Type of Interval (e.g., sprints, HIIT, rowing): _____

✓ Frequency: _____ times per week

✓ Duration of each high-intensity burst: _____ seconds

📌 Track Progress & Stay Consistent

✅ Action Steps:

- ♦ Use a journal or app to record workouts.
- ♦ Track energy levels, mood, and performance changes.

📝 My Tracking Method:

✓ I will track my workouts using _____

✓ I will assess my progress every _____ weeks

Step 2: Apply the 3 Golden Rules of Effective Training

📌 Consistency is King

✅ Action Steps:

- ♦ Set a realistic goal for how often you will train each week.
- ♦ Choose training durations that are manageable and sustainable.

📝 Your Training Commitment:

- I will train _____ times per week.
- Each session will last _____ minutes.
- My strategy for staying consistent: _____

📌 Your Body is the Boss

✅ Action Steps:

- ♦ Pay attention to how your body feels before, during, and after workouts.
- ♦ Recognize when to push yourself and when to take it easy.



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 How I will listen to my body:

- Signs that I should push harder: _____
- Signs that I should slow down or rest: _____

 Age is Just a Number

 Action Steps:

- ◆ Set **personal progress goals** instead of comparing yourself to others.
- ◆ Recognize that **consistent effort leads to improvement at any age**.

 My Personal Progress Goal:

- ✓ I will improve my ability to: _____
- ✓ My first small milestone will be: _____

Step 3: Celebrate Progress & Build Momentum

 Every Step Counts

 Action Steps:

- ◆ Identify small wins that show improvement (e.g., longer endurance, faster recovery).
- ◆ Recognize non-scale victories (e.g., better mood, better sleep).

 My Small Wins to Celebrate:

- ✓ I will know I'm improving when _____
- ✓ A non-physical benefit I've noticed is _____

 Did You Catch the Exercise Bug?

 Action Steps:

- ◆ Reflect on whether you **enjoy working out more now** than when you started.
- ◆ Identify ways to **make your routine even more fun and rewarding**.


 My Reflection:

- ✓ I feel _____ about my workouts compared to when I started.
- ✓ One thing I could do to make training even more enjoyable is _____

Final Thoughts & Commitment

 Cardio training is a lifelong journey—focus on long-term consistency!

 Find motivation in progress, energy levels, and enjoyment rather than just results.

 Every workout, no matter how small, is a step toward a healthier future.

 My Commitment:

"I commit to training **__ times per week** and tracking my progress to improve my cardiovascular health and overall well-being."_

 Let's make cardiovascular fitness a lasting habit!