



CARDIO TRAINING

VIRGIN WARRIOR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	1M JOG/WALK	R E S T D A Y	20-30MIN BIKE/ELLIPT.		R E S T D A Y	1M JOG/WALK
2	1 1/2M JOG/WALK		20-30MIN BIKE/ELLIPT.			1M JOG/WALK
3	1 1/2M RUN/WALK		20-30MIN BIKE/ELLIPT.			1 1/2M JOG/WALK
4	1 1/2M RUN		30-40MIN HARD BIKE/ELLIPT.			2M RUN/WALK
5	1 1/2M RUN	30-40MIN WALK	R E S T D A Y	30-40MIN HARD BIKE/ELLIPT.		1 1/2M RUN
6	1 3/4M RUN	30-40MIN WALK		40-60MIN BIKE/ELLIPT.		1 1/2M RUN
7	2M RUN	40MIN WALK		40-60MIN CROSS TRAIN		1 3/4M RUN
8	2 1/2M RUN	45MIN WALK		45-60MIN CROSS TRAIN		2M RUN
9	2 1/2M RUN	50MIN WALK		45-60MIN CROSS TRAIN		2-2 1/2M RUN/WALK
10	2 3/4M RUN	45MIN FAST WALK		45-60MIN CROSS TRAIN		3M RUN/WALK
11	3M RUN	45MIN FAST WALK		30MIN CROSS TRAIN		3 1/2M RUN/WALK
12	2M EASY RUN	45-60MIN CROSS TRAIN		REST DAY		RACE DAY