

CARDIO INTERVAL TRAINING

Running is among the top cardio exercises around when it comes to burning calories. Be sure to consult with your primary care healthcare provider before starting any cardiovascular exercise. You will want to transition from walking...to brisk walking...to jogging.

The following is a good 5 week transition program:

Week 1

Monday: 9 minute walk, 1 minute brisk walk/jog. Repeat two times

Wednesday: 4 minute walk, 1 minute brisk walk/jog. Repeat four times

Saturday: Repeat Wednesday's cardio workout

Week 2

Monday: 3 minute walk, 2 minute brisk walk/jog. Repeat four times

Wednesday: Repeat Monday's cardio workout

Saturday: 2 minute walk, 3 minute brisk walk/jog. Repeat four times

Interval Training Week 3

Monday: 5 minute walk, 5 minute brisk walk/jog. Repeat two times

Wednesday: Repeat Monday's cardio workout

Saturday: 1 minute walk, 4 minute brisk walk/jog. Repeat four times

Week 4

Monday: 1 minute walk, 4 minute brisk walk/jog. Repeat four times

Wednesday: 5 minute walk, 5 minute brisk walk/jog. Repeat two times

Saturday: Repeat Wednesday's cardio workout

Interval Training Week 5

Monday: 2 minute walk, 3 minute brisk walk/jog. Repeat four times

Wednesday: 1 minute walk, 4 minute brisk walk/jog. Repeat four times

Saturday: 20 minute brisk walk/jog

Interval Training Tips

- Purchase a quality pair of running shoes that fit
- Try jogging on a smooth, stable surface such as a track, dirt-packed path, or high quality treadmill
- Try to avoid mushy grass and solid concrete (sidewalks)
- Warm up: Your first few minutes of walking and jogging should be your slowest
- Be sure to sip some water halfway through your workout
- Progress slowly: If you feel dizzy or nauseated while jogging, slow back down to a walk. Let your body adapt and get used to the program
- Stretch after you workout

Other Tips

- For Walkers, there are some excellent DVDs at Walmart and Target called "Walk Away the Pounds"
- The Couch to 5K plan is great and has a mobile app that can be downloaded to your phone
- Cycling is a great cardio exercise that has significantly lower impact on the joints