

Your 12 Week HIIT Cardio Program

Design:

3 cardio sessions per week (12 weeks total)

Warm Up:

Dynamic stretching includes leg swings, jumping jacks, etc. If you want to do stretch and hold movements (static stretching) do this after your body is warmed up with jumping jacks, leg swings, etc.

Cool Down:

After you complete the cardio session, finish with a slow walk until your heart/breathing rate drops to normal levels.

Max Heart Rate Calculation:

Max Heart Rate (MHR) = $(220 - \text{Age}) * \text{Given \%}$. Maintain that HR for the full 20 session.

Equipment:

Highly recommend a heart monitor watch/strap.

Week's 1-4: any piece of cardio equipment, swimming, or jogging outside (stay within the prescribed heart rate zones).

Week's 5-12: Outside, in a pool, a field/race track, or any cardio equipment (stay within the prescribed heart rate zones).

Sprint Work-Rest Intervals:

If you get bored with the 1:2 sprint work-rest ratio you can change it to any of the following:

- Work-Rest Ratio: **1 / 0.5** (20 sec sprint, 10 second active recovery), repeat 8-10 times
- Work-Rest Ratio: **1 / 1** (20 sec sprint, 20 second active recovery), repeat 10-12 times
- Work-Rest Ratio: **1 / 3** (20 sec sprint, 60 second active recovery), repeat 12-15 times

12 Week HIIT Cardio Program

Week 1:

Session #1: 20 minutes @ 70% MHR (Max Heart Rate)

Session #2: 25 minutes @ 70% MHR

Session #3: 30 minutes @ 70% MHR

Week 2:

Session #4: 20 minutes @ 75% MHR

Session #5: 25 minutes @ 75% MHR

Session #6: 30 minutes @ 75% MHR

Week 3:

Session #7: 20 minutes @ 80% MHR

Session #8: 25 minutes @ 80% MHR

Session #9: 30 minutes @ 80% MHR

Week #4

Session #10: 20 minutes @ 85% MHR

Session #11: 25 minutes @ 85% MHR

Session #12: 30 minutes @ 85% MHR

Each sprint interval is 1 minute. 20 sec of ALL OUT SPRINT followed by 40 sec of active recovery (walking).

Week #5

Session #13: 5 Sprints Intervals

Session #14: 5 Sprints Intervals

Session #15: 6 Sprints Intervals

Week #6

Session #16: 6 Sprints Intervals

Session #17: 7 Sprints Intervals

Session #18: 7 Sprints Intervals

Week #7

Session #19: 8 Sprints Intervals

Session #20: 8 Sprints Intervals

Session #21: 9 Sprints Intervals

Week #8

Session #22: 9 Sprints Intervals

Session #23: 10 Sprints Intervals

Session #24: 10 Sprints Intervals

Week #9

Session #25: 11 Sprints Intervals

Session #26: 11 Sprints Intervals

Session #27: 12 Sprints Intervals

Week #10

Session #28: 12 Sprints Intervals

Session #29: 13 Sprints Intervals

Session #30: 13 Sprints Intervals

Week #11

Session #31: 14 Sprints Intervals

Session #32: 14 Sprints Intervals

Session #33: 15 Sprints Intervals

Week #12

Session #34: 15 Sprints Intervals

Session #35: 15 Sprints Intervals

Session #36: 15 Sprints Intervals