



## JETT Cardiovascular Plan

### **Week 1:**

Two times elliptical 20 minutes at 55-65% of maximal heart rate

### **Week 2:**

Two times elliptical 25 minutes at 55-65% of maximal heart rate

### **Week 3:**

Two times elliptical 30 minutes at 55-65% of maximal heart rate

### **Week 4:**

Two times elliptical 35 minutes at 55-65% of maximal heart rate

### **Week 5:**

Repeat week 4 if necessary

Two times elliptical 40 minutes at 55-65% of maximal heart rate

Add spinning one day a week

### **Week 6:**

Repeat week 5 if necessary

Two times elliptical 45 minutes at 55-65% of maximal heart rate

Spinning one day a week

### **Week 7:**

Repeat week 6 if necessary

Two times elliptical 45 minutes at 55-65% of maximal heart rate

Spinning one day a week

### **Week 8:**

Repeat week 7 if necessary

Two times elliptical 45 minutes at 55-65% of maximal heart rate

Spinning two days a week