

## **PHASE I**

### **Stage 1 Workout**

- Stretch 5 minutes
- Push ups 3 sets of 20
- Crunches 3 sets of 20
- Walk for 30 minutes
- Total workout time: 41 minutes

### **Stage 2 Workout**

- Stretch 5 minutes
- Push ups 3 sets of 20
- Crunches 3 sets of 20
- Walk for 4 minutes. Run for 1 minute
- Repeat that sequence four more times.
- End with 4 minutes of walking.
- Total workout time: 40 minutes, 5 of which are running. 2 miles distance

## **Phase II**

### **Stage 3 Workout**

- Stretch 5 minutes
- Push ups 4 sets of 20
- Crunches 4 sets of 20
- Walk for 4 minutes. Run for 2 minutes. Treadmill setting Walk - 3/3 Run - 1/4
- Repeat that sequence four more times.
- End with 3 minutes of walking.
- Total workout time: 45 minutes, 10 of which are running or 2 miles distance

### **Stage 4 Workout**

- Stretch 5 minutes
- Push ups 4 sets of 20
- Crunches 4 sets of 20
- Walk for 3 minutes. Run for 3 minutes. Treadmill setting Walk - 3/3 Run - 1/4
- Repeat that sequence four more times.
- End with 3 minutes of walking.
- Total workout time: 44 minutes, 15 of which are running. 3 miles distance

## **Phase III**

### **Stage 5 Workout**

- Stretch 5 minutes
- Push ups 4 sets of 20
- Crunches 4 sets of 20
- Walk for 2 minutes 30 seconds. Run for 5 minutes. Treadmill setting Walk - 3/4 Run - 1/5
- Repeat that sequence three more times.
- End with 3 minutes of walking.
- Total workout time: 44 minutes, 20 of which are running. 4 miles distance

### **Stage 6 Workout**

- Stretch 5 minutes
- Push ups 4 sets of 20
- Crunches 4 sets of 20
- Walk for 3 minutes. Run for 7 minutes. Treadmill setting Walk - 3/4 Run - 1/5
- Repeat that sequence two more times.
- End with 3 minutes of walking.
- Total workout time: 44 minutes, 21 of which are running. 5 miles distance

**Do each workout stage at least three or four times in a week before moving on to the next stage.**

## Anaerobic Conditioning

**The Science:** Everything we do, from climbing a flight of stairs to taking a [Spin class](#), requires energy. During moderately intense activities, like stair climbing or jogging, the body uses a mixture of stored carbohydrates and oxygen (hence the deepening of your breaths) to fuel the muscles. During more intense activities such as [weight lifting](#) or sprint intervals, simply breathing in a bit more oxygen won't do you much good, so the body calls for backup. It taps into stores of adenosine triphosphate, or ATP, then creatine phosphate, a high-energy compound of amino acids, and finally glycogen, all of which are stored in muscle tissue and don't need oxygen to be metabolized.

**Apply It:** Use anaerobic conditioning for a bigger calorie burn

In addition to increasing your capacity for everyday activities, like climbing those stairs, anaerobic conditioning also helps boost [fat burning](#). "You burn far more calories after the activity than during the activity because you have to replenish all the energy you used up," says Wayne Westcott, PhD, an American Council on Exercise-certified personal trainer and director of the exercise science program at Quincy College in Massachusetts. The huffing and puffing that follows a sprint is your body's way of replenishing energy stores. "On the other hand, after a long, slow run, you take a few deep breaths and you're back to normal." It's a phenomenon known as excess postexercise oxygen consumption (EPOC), which keeps your metabolism elevated for several hours after exercise and helps you torch several hundred more calories per workout.

Incorporate interval training into one cardio workout per week, or two if you find that you really enjoy it, advises Westcott, who suggests cycling at 70% of your maximum heart rate for 30 minutes, alternating between 2 minutes hard and 2 minutes easy.

## Target Heart Rate

**The Science:** When you work out, your heart rate increases in proportion to your exercise intensity until you near the point of [exhaustion](#), or reach your maximum heart rate. One way to ensure that doesn't happen right away is to work at increasing your heart rate reserve, the difference between your maximum and resting heart rate, by gradually increasing the amount of work you can do at a target heart rate (around 65% of maximum heart rate for beginners and 85% for advanced exercisers), says Cary Raffle, a trainer at New York Sports Clubs in New York City.

**Apply It:** Use it to give your heart and lungs the best workout possible "Generally speaking, for an aerobic conditioning effect, you need to train hard enough that your heart rate is approximately 70% of its maximum rate," says Westcott. Exercise at a higher target heart rate, like 80%, is even better for cardiovascular fitness, but keep in mind that there is an inverse relationship between intensity and duration: the faster you go the less time you'll be able to maintain a particular effort, he explains. To find your target heart rate, use the Karvonen formula:

Target heart rate = ((maximum heart rate – resting heart rate) x % intensity) + resting heart rate

For example, if you are 25 years old and your resting heart rate is 60 beats per minute (find yours by taking your pulse for 1 minute when you first wake up), your maximum heart rate is 195 bpm (estimate by subtracting your age from 220), and you want to work out at 70% of your maximum heart rate, the calculation would look like this:

Target heart rate = ((195 – 60) x .70) + 60 = 155 bpm

"What the Karvonen formula accounts for is the fact that if your resting heart rate is lower, you have a much higher cap to reach your maximum heart rate, so you can work a lot harder before reaching it," says Raffle.

To lower your resting heart rate, pick any [workout](#) that makes your heart beat faster and harder—and do it regularly. This will improve the amount of blood that your heart is able to pump out with each beat, also known as your stroke volume (see tip 3, that follows), so it can beat less often while still delivering the same volume of blood to your body. The basic equation for total cardiac output looks like this: cardiac output = stroke volume x heart rate. Given the math, it's evident that by increasing the amount of work you are able to perform (cardiac output) while keeping your heart rate constant (sticking to your target HR) will increase your stroke volume.

To take your heart rate during exercise, wear a heart rate monitor if [running](#) or [cycling](#) outside, or use the built-in monitors on most pieces of indoor cardio equipment.