

Anita's Cardio Plan

Always warm up for 2-5 minutes before you go all out.

	Monday	Tuesday	Wednesday	Thursday	Friday
Level 1	Run 1 mile at an easy pace or any cardio for 20 minutes	Run 30 seconds all out, then walk for 1 minute, repeat for 1 mile	Run 1 mile at an easy pace or any cardio for 20 minutes	Run 30 seconds all out, then walk for 1 minute, repeat for 1 mile	Run 1 mile at an easy pace or any cardio for 20 minutes
Level 2	Run 1.5 miles at an easy pace or what ever cardio you like for 25 minutes	Run 30 seconds all out, then walk for 1 minute, repeat for 1.5 miles	Run 1.5 miles at an easy pace or what ever cardio you like for 25 minutes	Run 30 seconds all out, then walk for 1 minute, repeat for 1.5 miles	Run 1.5 miles at an easy pace or what ever cardio you like for 25 minutes
Level 3	Run 2 miles at an easy pace or what ever cardio you like	Run 30 seconds all out, then walk for 1 minute, repeat for 2 miles	Run 2 miles at an easy pace or what ever cardio you like	Run 30 seconds all out, then walk for 1 minute, repeat for 2 miles	Run 2 miles at an easy pace or what ever cardio you like
Level 4	Run 2.5 miles at an easy pace or what ever cardio you like for 30 minutes	Run 30 seconds all out, then walk for 1 minute, repeat for 2.5 miles	Run 2.5 miles at an easy pace or what ever cardio you like for 30 minutes	Run 30 seconds all out, then walk for 1 minute, repeat for 2.5 miles	Run 2.5 miles at an easy pace or what ever cardio you like for 30 minutes
Level 5	Run 3 miles at an easy pace or what ever cardio you like for 40 minutes	Run 30 seconds all out, then walk for 1 minute, repeat for 3 miles	Run 3 miles at an easy pace or what ever cardio you like for 40 minutes	Run 30 seconds all out, then walk for 1 minute, repeat for 3 miles	Run 3 miles at an easy pace or what ever cardio you like for 40 minutes
Level 6	Run 3 miles at an easy pace or what ever cardio you like for 40 minutes	Run up stairs fast, slow on the way down, repeat for 20 minutes	Run 1.5 miles easy pace or what ever cardio you like for 40 minutes	Run 1.5 miles as fast as you can or what ever cardio you like for 40 minutes	Run 3 miles at an easy pace or what ever cardio you like for 40 minutes
Level 7	Run 3 miles at an easy pace	Run up stairs fast, slow on the way down, repeat for 20 minutes	Run 1.5 miles easy pace	Run 1.5 miles as fast as you can	Run 3 miles at an easy pace
Level 8	Run 3.5 miles at an easy pace Or cardio for 45 minutes	Run up stairs fast, slow on the way down, repeat for 25 minutes	Run 1.5 miles easy pace	Run 2 miles as fast as you can	Run 3.5 miles at an easy pace Or cardio for 45 minutes
Level 9	Run 3.5 miles at an easy pace Or cardio for 45 minutes	Run up stairs fast, slow on the way down, repeat for 25 minutes	Run 1.5 miles easy pace	Run 2 miles as fast as you can	Run 3.5 miles at an easy pace Or cardio for 45 minutes
Level 10	Run 4 miles at an easy pace or cardio 50 minutes	Run up stairs fast, slow on the way down, repeat for 30 minutes	Run 1.5 miles easy pace	Run 2.5 miles as fast as you can	Run 4 miles at an easy pace or cardio 50 minutes