

Cardiovascular Fitness 6-week Summer Program – Running/Swimming/Cycling:

Weekly Schedule (Day 1 – Day 7) – Weeks 1 & 2

Day 1: Run -- 15 minutes, comfortable pace. After: 10 push-ups, 20 abdominal crunches

Day 2: Cycle -- 45 minutes, comfortable pace

Day 3: Swim – 200-yd. warm-up, then 5 x 2 minutes (or 5 x 100 yds.), then 200-yd. cool-down

Day 4: Rest from Cardio, but do 3 x 10 push-ups, 3 x 20 abdominal exercises (traditional sit-ups, crunches, 90°-10° leg-lifts).

Day 5: Run 20 minutes, comfortable pace After: 10 push-ups, 20 abdominal crunches

Day 6: Cycle 1-hour, comfortable pace

Day 7: Swim – 200 yd. warm-up, then 8 x 2 minutes (or 8 x 100 yds.), then 200-yd. cool-down

Weekly Schedule (Day 1 – Day 7) – Weeks 3 & 4

Day 1: Run -- 20 minutes, comfortable pace. After: 10 push-ups, 20 abdominal crunches

Day 2: Cycle – 1 hour, comfortable pace

Day 3: Swim – 200-yd. warm-up, then 10 x 2 minutes (or 10 x 100 yds.), then 200-yd. cool-down

Day 4: Rest from Cardio, but do 3 x 10 push-ups, 3 x 20 abdominal exercises (traditional sit-ups, crunches, 90°-10° leg-lifts).

Day 5: Run 25 minutes, comfortable pace. After: 10 push-ups, 20 abdominal crunches

Day 6: Cycle 1-hour, comfortable pace

Day 7: Swim – 200 yd. warm-up, then 12 x 2 minutes (or 12 x 100 yds.), then 200-yd. cool-down

Weekly Schedule (Day 1 – Day 7) – Weeks 5 & 6

Day 1: Run -- 30 minutes, comfortable pace. After: 10 push-ups, 20 abdominal crunches

Day 2: Cycle – 1 hr: 15 minutes, comfortable pace

Day 3: Swim – 200-yd. warm-up, then 10 x 2 minutes (or 10 x 100 yds.), then 200-yd. cool-down

Day 4: Rest from Cardio, but do 3 x 15 push-ups, 3 x 25 abdominal exercises (traditional sit-ups, crunches, 90°-10° leg-lifts).

Day 5: Run 30 minutes, comfortable pace. After: 10 push-ups, 20 abdominal crunches

Day 6: Cycle 1 hr: 30 minutes, comfortable pace

Day 7: Swim – 200 yd. warm-up, then 12 x 2 minutes (or 12 x 100 yds.), then 200-yd. cool-down