

Training plan for fitness training

Doing a fitness training with an elliptical cross trainer, you do not only lose weight, but also increase your aerobic cardio. Soon, longer sessions will no longer be a problem for you and you will also recognise soon that you easliy master higher speeds.

1st week: 3 to 4 sessions of 45 minutes

Day	Duration	Exercise	I feel
	5 minutes	Warm up at appr. 40% of HRmax	8 2 2 3
	10 minutes	at appr. 60% of HRmax	8 2 2 3
	15 minutes 10 minutes	at max. 70 - 75% of HRmax at appr. 55% of HRmax	8 8 9 9
	5 minutes	Cool down	8 0 0 0

2nd week: 3 to 4 sessions of 45 minutes

Day	Duration	Exercise	I feel
	5 minutes	Warm up at appr. 40% of HRmax	8 9 9 9 8
	5 minutes 10 minutes	at appr. 60% of HRmax at max. 70 - 75% of HRmax	8 9 9 8
	5 minutes 10 minutes	at 80 - 90% of HRmax at max. 70 - 75% of HRmax	8 8 8
	5 minutes 5 minutes	at appr. 55% of HRmax Cool down	8 8 6

3rd week: 3 to 4 sessions of 55 minutes

Day	Duration	Exercise	I feel
	5 minutes 5 minutes	Warm up at appr. 40% of HRmax	8 0 0 0
	15 minutes	at appr. 60% of HRmax at 70 - 80% of HRmax at 80 - 90% of HRmax at max. 70 - 80% of HRmax	8 9 9 8
	5 minutes 15 minutes		8 2 2 8
	5 minutes 5 minutes	at appr. 55% of HRmax Cool down	8 8 8 8

4th week: 3 to 4 sessions of 60 minutes

Day	Duration	Exercise	I feel
	5 minutes 5 minutes	Warm up at appr. 40% of HRmax at 65 - 75% of HRmax	8 2 2 3
	15 minutes	at 75 - 80% of HRmax	© © © ©
	10 minutes 15 minutes	at 80 - 90% of HRmax at max. 75 - 80% of HRmax	8 8 8 8
	5 minutes 5 minutes	at 65 - 75% of HRmax Cool down	© © © ©

