



Cardiovascular Training Log

Cardiovascular Training refers to the physical conditioning of the heart, lungs, and blood vessels. Aerobics and jogging are two forms of cardiovascular training. To get a true cardiovascular workout an individual must increase their heart rate to a relatively high level. Try this easy estimation $220 - \text{Age} - \text{Resting Heart Rate}$. Now multiply this factor by 65 to 80 percent respectively and add your resting heart rate back into the product. This will give you a training heart rate range. **Very Important! Please consult a physician before starting any exercise program.**

Example: 35 year old Individual with a Resting Heart Rate of 62 bpm
 $220 - 35 - 62 \text{ bpm} = 123 \text{ beats per minute (Estimated Maximal Heart Rate)}$
 $123 \text{ bpm} \times 65\% = 80 \text{ beats per minute} + 62 \text{ bpm} = 142 \text{ beats per minute}$
 $123 \text{ bpm} \times 80\% = 98 \text{ beats per minute} + 62 \text{ bpm} = 160 \text{ beats per minute}$
Training Heart Rate Range = 142 -160 beats per minute

Name:

Beginning Date:

Building:

Your Training Heart Rate Range:

Please include the exercise modality you have chosen and the duration of your exercise. Example: Stationary Bike / 45minutes.



	DAY 1 EXERCISE /DURATION	DAY 2 EXERCISE /DURATION	DAY 3 EXERCISE /DURATION	DAY 4 EXERCISE /DURATION	DAY 5 EXERCISE /DURATION
WEEK 1					
WEEK 2					
WEEK 3					