

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONTH 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	MSS Day 30 Minutes	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MONTH 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	MSS Day 30 Minutes	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Interval Day	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	MSS Day 30 Minutes	Base Day 30 Minutes	MSS Day 30 Minutes	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Base Day 30 Minutes	Rest or Active Recovery	Base Day 30 Minutes	Interval Day	Base Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONTH 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MSS Day 30 Minutes	Base Day 30 Minutes	MSS Day 30 Minutes	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MSS Day 30 Minutes	Base Day 30 Minutes	MSS Day 30 Minutes	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONTH 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MSS Day 30 Minutes	Base Day 60 Minutes	MSS Day 30 Minutes	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 60 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

MONTH 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 60 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 60 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

MONTH 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 60 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Day	Base Day 60 Minutes	MSS Day 30 Minutes	Interval Day	Base Day 30 Minutes	MSS Day 30 Minutes	Rest or Active Recovery

The following 6 month cardiovascular workout plan is based off of the 2018 study Reversing the Cardiac Effects of Sedentary Aging in Middle Age—A Randomized Controlled Trial Implications For Heart Failure Prevention.

Heart Rate Max Can be Calculated Utilizing the following equation: $HR_{max} = 208 - (0.7 \times \text{age})$

4 Training Zones will be utilized in this 6 month plan: (1) **MSS** ; (2) **Base** pace (1–20 beats below MSS); (3) **Interval** (>95% HR peak); and recovery (<base pace)

MSS or Maximal Steady State: Step-by-Step Calculation for MSS Zone:

Determine HR_{max}:

Calculate 75% of HR_{max}: This percentage often aligns with the lower end of the MSS zone, suitable for longer, sustained efforts.

$HR_{Max} \times 0.75 = 75\% \text{ of } HR_{max}$

Calculate 90% of HR_{max}: This percentage is closer to the upper limit of the MSS zone, where effort is more intense but still sustainable.

$HR_{Max} \times 0.90 = 90\% \text{ HR Max}$

Base pace (1–20 beats below MSS) There will be some overlap in Base Pace and MSS, if you notice in the later weeks there are less base pace days, this is for you to determine how much you can push yourself based on your recovery after the interval days.

Interval (>95% HR peak). On these days, intervals will consist of 4×4 interval sessions (4 minutes of exercise at 95% peak HR followed by 3 minutes of active recovery at 60%–75% peak HR, repeated 4 times)

For individuals in the research after the 6 months of training they maintained the same level of training of month 6 for the remaining 4 months. "After completion of the 10-month progression, exercise capacity was retested and then participants began the maintenance training phase. Training zones were adjusted to reflect the results of the most recent exercise test. During this period, participants performed only 1 interval session per week plus continuous training. Participants were encouraged to use a variety of exercise equipment (eg, stationary cycle ergometer, treadmill, elliptical trainer) or perform exercise sessions outdoors (eg, running on trails, cycling, swimming) to ensure participant enjoyment and to avoid overuse injuries. To supplement the endurance training, 2 weekly strength training sessions were prescribed. These sessions were designed to focus on whole body functional and core strength to complement the endurance training."