

# Suggested 8 Week Training Session

The Advanced Interval Training Session can replace any Aerobic Training Session

Week	Session	Duration	Intensity
1	Aerobic	20 - 45 minutes	60 - 80 %
	Strength	1 - 2 sets, 15 - 20 reps to failure	
	Aerobic	20 - 30 minutes	65 - 85 %
	Strength	As above	
	Aerobic	20 - 25 minutes	65 - 90 %
	Strength	As above	
2	Aerobic	As week 1	As week 1
	Strength		
	Aerobic		
	Strength		
3	Aerobic	20 - 45 minutes	As week 1
	Strength	1 - 2 sets, 12 - 15 reps to failure	
	Aerobic	20 - 30 minutes	
	Strength	As above	
	Aerobic	20 - 25 minutes	
	Strength	As above	
4	Aerobic	As week 3	As week 1
	Strength		
	Aerobic		
	Strength		
5	Aerobic	20 - 30 minutes	65 - 85 %
	Strength	1 - 3 sets, 8 - 12 reps to failure	
	Aerobic	20 - 30 minutes	65 - 85 %
	Strength	As above	
	Aerobic	20 - 25 minutes	65 - 90 %
	Strength	As above	
6	Aerobic	As week 5	As week 5
	Strength		
	Aerobic		
	Strength		
7	Aerobic	20 - 30 minutes	65 - 85 %
	Strength	2 - 4 sets, 8 - 12 reps	
	Aerobic	20 - 30 minutes	65 - 85 %
	Strength	As above	
	Aerobic	20 - 25 minutes	65 - 90 %
	Strength	As above	
8	Aerobic	As week 7	As week 7
	Strength		
	Aerobic		
	Strength		