



Trainingsplan für Fettverbrennung

This training plan is mainly designed for training beginners, who want to improve their cardio and want to lose weight in a healthy way. The intensities are moderate and can be quickly chosen with almost all common elliptical cross trainers.

1st week: 3 sessions of 35 minutes

Day	Duration	Exercise	I feel ...
	5 minutes	Warm up at appr. 40% of HRmax at appr. 55% of HRmax Cool down	☺ ☺ ☹ ☹ ☹
	25 minutes		☺ ☺ ☹ ☹ ☹
	5 minutes		☺ ☺ ☹ ☹ ☹

2nd week: 3 sessions of 35 minutes

Day	Duration	Exercise	I feel ...
	5 minutes	Warm up at appr. 40% of HRmax at appr. 55% of HRmax at max. 70 - 75% of HRmax at appr. 55% of HRmax Cool down	☺ ☺ ☹ ☹ ☹
	10 minutes		☺ ☺ ☹ ☹ ☹
	5 minutes		☺ ☺ ☹ ☹ ☹
	10 minutes		☺ ☺ ☹ ☹ ☹
	5 minutes		☺ ☺ ☹ ☹ ☹

3rd week: 3 sessions of 40 minutes

Day	Duration	Exercise	I feel ...
	5 minutes	Warm up at appr. 40% of HRmax at appr. 55% of HRmax at max. 70 - 75% of HRmax at appr. 55% of HRmax Cool down	☺ ☺ ☹ ☹ ☹
	10 minutes		☺ ☺ ☹ ☹ ☹
	10 minutes		☺ ☺ ☹ ☹ ☹
	10 minutes		☺ ☺ ☹ ☹ ☹
	5 minutes		☺ ☺ ☹ ☹ ☹

4th week: 3 sessions of 50 minutes

Day	Duration	Exercise	I feel ...
	5 minutes	Warm up at appr. 40% of HRmax at appr. 55% of HRmax at max. 70 - 75% of HRmax at appr. 55% of HRmax Cool down	☺ ☺ ☹ ☹ ☹
	15 minutes		☺ ☺ ☹ ☹ ☹
	10 minutes		☺ ☺ ☹ ☹ ☹
	15 minutes		☺ ☺ ☹ ☹ ☹
	5 minutes		☺ ☺ ☹ ☹ ☹