



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 easily 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 at appr. 60% of HRmax at max. 70 - 75% of HRmax at appr. 55% of HRmax Cool down	😊 😊 😐 😞 😡
	10 minutes		😊 😊 😐 😞 😡
	15 minutes		😊 😊 😐 😞 😡
	10 minutes		😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡

2nd week: 3 to 4 sessions of 45 minutes

Day	Duration	Exercise	I feel ...
	5 minutes	Warm up at appr. 40% of HRmax at appr. 60% of HRmax at max. 70 - 75% of HRmax at 80 - 90% of HRmax at max. 70 - 75% of HRmax at appr. 55% of HRmax Cool down	😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡
	10 minutes		😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡

3rd week: 3 to 4 sessions of 55 minutes

Day	Duration	Exercise	I feel ...
	5 minutes	Warm up at appr. 40% of HRmax at appr. 60% of HRmax at 70 - 80% of HRmax at 80 - 90% of HRmax at max. 70 - 80% of HRmax at appr. 55% of HRmax Cool down	😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡
	15 minutes		😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡

4th week: 3 to 4 sessions of 60 minutes

Day	Duration	Exercise	I feel ...
	5 minutes	Warm up at appr. 40% of HRmax at 65 - 75% of HRmax at 75 - 80% of HRmax at 80 - 90% of HRmax at max. 75 - 80% of HRmax at 65 - 75% of HRmax Cool down	😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡
	15 minutes		😊 😊 😐 😞 😡
	10 minutes		😊 😊 😐 😞 😡
	5 minutes		😊 😊 😐 😞 😡