

Time (minutes)	20 Minute Program		30 Minute Program		45 Minute Program		60 Minute Program	
	RPE	HR %	RPE	HR %	RPE	HR %	RPE	HR %
1-5 (0:00 – 5:00)	10	60-65%	10	60-65%	10	60-65%	10	60-65%
5-7 (5:00 – 7:00)	14	70-75%	14	70-75%	14	70-75%	14	70-75%
7-9 (7:00 – 9:00)	12	65-70%	12	65-70%	12	65-70%	12	65-70%
9-11 (9:00 – 11:00)	15	75-80%	15	75-80%	15	75-80%	15	75-80%
11-13 (11:00 – 13:00)	12	65-70%	12	65-70%	12	65-70%	12	65-70%
13-15 (13:00 – 15:00)	16	80-85%	16	80-85%	16	80-85%	16	80-85%
15-16 (15:00 – 16:00)	12	65-70%	12	65-70%	12	65-70%	12	65-70%
16-17 (16:00 – 17:00)	17	85-90%	17	85-90%	17	85-90%	17	85-90%
17-20 (17:00 – 20:00)	12	65-70%	12	65-70%	12	65-70%	12	65-70%
20-22 (20:00 – 22:00)			15	75-80%	15	75-80%	15	75-80%
22-24 (22:00 – 24:00)			12	65-70%	12	65-70%	12	65-70%
24-25 (24:00 – 25:00)			17	85-90%	17	85-90%	17	85-90%
25-30 (25:00 – 30:00)			12	65-70%	12	65-70%	12	65-70%
30-33 (30:00 – 33:00)					15	75-80%	*Repeat 30 minute program 2x	
33-35 (33:00 – 35:00)					12	65-70%		
35-37 (35:00 – 37:00)					16	80-85%		
37-39 (37:00 – 39:00)					12	65-70%		
39-40 (39:00 – 40:00)					17	85-90%		
40-45 (40:00 – 45:00)					12	65-70%		

RPE = Rating of Perceived Exertion (12 = Light, 14 = Somewhat Hard, 16 = Hard, 18 = Very Hard)

HR % = % of Maximum Heart Rate. To find Maximum Heart Rate, take 220 and subtract your age. That's your estimated Maximum Heart Rate.

© 2013 Scott Welle Transformations. Notice: This PDF was created and prepared by Scott Welle Transformations. While the copyright to some or all of the works of authorship in this PDF are owned by Scott Welle Transformations, we take no responsibility for its contents. This PDF is protected by copyright law and you are not permitted to make copies, reproduce or electronically post this PDF.

