

Client Name: Lauren Tope

Major Goal: Cardio speed advancement

### Risk Factor & Screening

Risk Stratification: Low

Major Risk Factors: None

### Tests & Assessments

1.5 or 2 mile run time: 1.5 mile in 11:59 min

1 min Push-up: 25

Sit and Reach Test: 15 inches

### SMART Goals & Needs

Goals include the *THREE* top areas for improvement, and may be influenced by test results.

1. I want to run 3 miles in 25:00 minutes in 5 weeks by doing interval training 3 times a week and increasing speed 5% per week.
2. I want to do 35 push-ups in one minute in 5 weeks by starting at 25 and increasing by 3 push-ups per week at 3 to 4 times a week.
3. I want to improve my Sit and Reach test result to 17 inches in 5 weeks by holding the stretch for 30 seconds 4 times a week.

### Training Zones

How hard will your exercise during cardio? Set these using % MHR or RPE ranges.

1. Running: 143 bpm (60%)-155 bpm (75%); 155 bpm (75%)- 180 bpm (90%); 180 bpm (90%)+
2. Push- Ups: RPE: 13-16

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### Interval Running Exercise 1

5 minute warm-up at 100 bpm  
(25%)

Run 2 minutes at 143 bpm (60%)

Run 5 minutes at 150 bpm (70%)

Run 2 minutes at 155 bpm (75%)

Run 5 minutes at 143 bpm (60%)

Run 2 minutes at 168 bpm (80%)

Run 5 minutes at 155 bpm (75%)

Run 2 minutes at 180 bpm (90%)

Run 5 minutes at 149 bpm (65%)

Run 2 minutes at 174 bpm (85%)

### Interval Running Exercise 2

5 minute warm-up at 100 bpm  
(25%)

Run 5 minutes at 149 bpm (70%)

Run 2 minutes at 168 bpm (80%)

Run 5 minutes at 155 bpm (75%)

Run 2 minutes at 180 bpm (90%)

Run 5 minutes at 155 bpm (75%)

Run 2 minutes at 174 bpm (84%)

Run 5 minutes at 155 bpm (75%)

Run 1 minutes at 149 bpm (70%)

### Interval Running Exercise 3

5 minute warm-up at 100 bpm

Run 5 minutes at 149 bpm (70%)

Run 2 minutes at 155 bpm (75%)

Run 5 minutes at 168 bpm (80%)

Run 2 minutes at 174 bpm (85%)

Run 5 minutes at 168 bpm (80%)

Run 2 minutes at 155 bpm (75%)

Run 5 minutes at 149 bpm (70%)

### Interval Running Exercise 4

5 minute warm-up at 100 bpm

Run 5 minutes at 143 bpm (60%)

Run 2 minutes at 155 bpm (75%)

Run 5 minutes at 168 bpm (80%)

Run 2 minutes at 174 bpm (85%)

Run 5 minutes at 168 bpm (80%)

Run 3 minutes at 155 bpm (75%)

Run 5 minutes at 149 bpm (70%)

5 minute cool-down at 100 bpm

### Interval Running Exercise 5

5 minute warm-up at 100 bpm

Run 5 minutes at 143 bpm (60%)

Run 2 minutes at 155 bpm (75%)

Run 5 minutes at 168 bpm (80%)

Run 2 minutes at 174 bpm (85%)

Run 5 minutes at 168 bpm (80%)

Run 2 minutes at 155 bpm (75%)

Run 5 minutes at 168 bpm (80%)

5 minute cool-down at 100 bpm

Run time: 26 minutes

### Interval Running Exercise 6

5 minute warm-up at 100 bpm

Run 5 minutes at 155 bpm (75%)

Run 2 minutes at 168 bpm (80%)

Run 5 minutes at 174 bpm (85%)

Run 2 minutes at 180 bpm (90%)

Run 5 minutes at 168 bpm (80%)

Run 2 minutes at 155 bpm (75%)

Run 3 minutes at 149 bpm (70%)

5 minute cool-down at 100 bpm

Run Time: 25 minutes

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Flexibility Exercise 1

Sit and Reach 30 seconds at 15 inches

Flexibility Exercise 2

Sit and reach 30 seconds at 15.2 inches

Flexibility Exercise 3

Sit and reach 30 seconds at 15.4 inches

Flexibility Exercise 4

Sit and reach 30 seconds at 15.6 inches

Flexibility Exercise 5

Sit and Reach 30 seconds at 15.8 inches

Flexibility Exercise 6

Sit and reach 30 seconds at 16 inches

Flexibility Exercise 7

Sit and reach 30 seconds at 16.2 inches

Flexibility Exercise 8

Sit and reach 30 seconds at 16.4 inches

Flexibility Exercise 9

Sit and reach 30 seconds at 16.6

Flexibility Exercise 10

Sit and reach 30 seconds at 16.8 inches

Flexibility Exercise 11

Sit and reach 30 seconds at 17 inches

Push Ups Exercise 1

25 push-ups

Push Up Exercise 2

28 push-ups

Push-Up Exercise 3

31 Push-ups