



## Conditioning Program Week Two Overview

The second week of the conditioning program is designed to begin the process with a relatively moderate load as you are introduced to the methods and exercises. The methods used in this first week will be Cardiac Output, Tempo Intervals and High Resistance Intervals.

Please refer the [video of the Week Two Program](#) for details on how to perform them correctly. The volume of training in the second week should be no more than 15-20% higher than what you used in week one of the program. The exercises should remain the same.



### Training Guidelines

The guidelines for the training week will depend on your current level of fitness. If you do not use HRV, you will need to use your resting heart rate to determine which recommendations are most appropriate for you. If you are using BioForce HRV, then use a combination of your HRV score as well as your resting heart rate to select from the following two programs for the week.

#### Resting HR above 60 and/or HRV below 80 - Sample Training Week 2

	Day 1	Day 2	Day 3	Day 4
Week 2	Cardiac Output 40-60 minutes	Cardiac Output 30-40 minutes  HRI 12-15 reps	Tempo Intervals 12-15 reps	Cardiac Output 50-60 minutes

#### Resting HR below 60 and/or HRV above 80 - Sample Training Week 2

	Day 1	Day 2	Day 3	Day 4
Week 2	Cardiac Output 60 minutes  HRI 20 reps	Tempo Intervals 15-16 reps	High Resistance Intervals 20-22 reps	Tempo Intervals 12-15 reps

## General Program Notes

- Strength Training should be reduced to maintenance levels, generally no more than 2-3 days per week of 30-45 minutes
- Always thoroughly warm-up before beginning each workout
- Adjust volumes and intensities as necessary based on your own fitness levels, training experience and weekly schedule
- Select the most appropriate exercises based on your individual needs, goals and available equipment