



# Cardiovascular Endurance Ideas.

Remember: Target Heart Rate is 60 to 85% of your Max Heart Rate.



**Jogging/Running** \* Depending on your fitness level you can jog/run/walk for 20 to 30 minutes. Walk when needed and try to increase the distance or pace you jog or run each session.



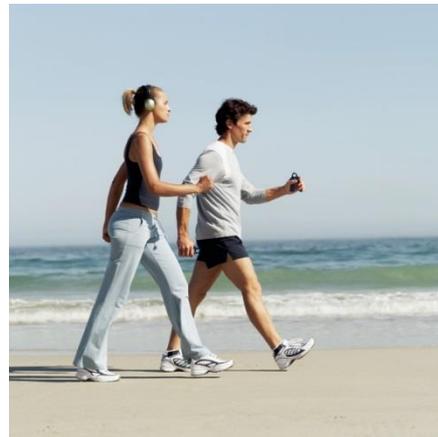
## Cycling

Riding a bike can be a great way to increase your cv endurance. If you ride try to include some hills to get that heart rate up.



## Swimming

Swimming is a great cv endurance activity. Start with a short distance and gradually work up to longer distances.



## Fast Walking

\*Any walking is great. The longer the distance – the better.



## Jump Rope

\*Jump rope can be taxing on the body. Start with a low number of jumps and work your way up to more. Take a break in between sessions.