



**WEEK 1**

38 minutes from 132 to 153 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
4 minutes @ 153 BPM  
2 minutes walk @ 142 BPM  
4 minutes @ 153 BPM  
2 minutes walk @ 142 BPM  
4 minutes @ 153 BPM  
2 minutes walk @ 142 BPM  
4 minutes @ 153 BPM  
2 minutes walk @ 142 BPM  
4 minutes @ 153 BPM  
2 minutes walk @ 142 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 4**

50 minutes from 137 to 154 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
6 minutes @ 154 BPM  
1 minute @ 143 BPM  
6 minutes @ 154 BPM  
1 minute @ 143 BPM  
6 minutes @ 154 BPM  
1 minute @ 143 BPM  
6 minutes @ 154 BPM  
1 minute @ 143 BPM  
6 minutes @ 154 BPM  
1 minute @ 143 BPM  
6 minutes @ 154 BPM  
1 minute @ 143 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 7**

69 minutes from 137 to 156 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
9 minutes @ 156 BPM  
1 minute @ 145 BPM  
9 minutes @ 156 BPM  
1 minute @ 145 BPM  
9 minutes @ 156 BPM  
1 minute @ 145 BPM  
9 minutes @ 156 BPM  
1 minute @ 145 BPM  
9 minutes @ 156 BPM  
1 minute @ 145 BPM  
9 minutes @ 156 BPM  
1 minute @ 145 BPM  
9 minutes @ 156 BPM  
1 minute @ 145 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 2**

42 minutes @ 137 to 153 BPM

**BPM CHART:**

5 minutes @ 137-142BPM (warmup)  
4 minutes @ 153 BPM  
1.5 minutes @ 142 BPM  
4 minutes @ 153 BPM  
1.5 minutes @ 142 BPM  
4 minutes @ 153 BPM  
1.5 minutes @ 142 BPM  
4 minutes @ 153 BPM  
1.5 minutes @ 142 BPM  
4 minutes @ 153 BPM  
1.5 minutes @ 142 BPM  
4 minutes @ 153 BPM  
1.5 minutes @ 142 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 5**

57 minutes from 137 to 155 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
7 minutes @ 155 BPM  
1 minute @ 144 BPM  
7 minutes @ 155 BPM  
1 minute @ 144 BPM  
7 minutes @ 155 BPM  
1 minute @ 144 BPM  
7 minutes @ 155 BPM  
1 minute @ 144 BPM  
7 minutes @ 155 BPM  
1 minute @ 144 BPM  
7 minutes @ 155 BPM  
1 minute @ 144 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 8**

68 minutes from 137 to 156 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
14 minutes @ 156 BPM  
1 minute @ 145 BPM  
14 minutes @ 156 BPM  
1 minute @ 145 BPM  
14 minutes @ 156 BPM  
1 minute @ 145 BPM  
14 minutes @ 156 BPM  
1 minute @ 145 BPM  
14 minutes @ 156 BPM  
1 minute @ 145 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 10 — GRADUATION!**

68 minutes from 137 to 170 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
29 minutes @ 157 BPM  
1 minute @ 146 BPM  
29 minutes @ 157-170 BPM  
1 minute @ 146 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 3**

48 minutes from 137 to 154 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
5 minutes @ 154 BPM  
1.5 minutes @ 143 BPM  
5 minutes @ 154 BPM  
1.5 minutes @ 143 BPM  
5 minutes @ 154 BPM  
1.5 minutes @ 143 BPM  
5 minutes @ 154 BPM  
1.5 minutes @ 143 BPM  
5 minutes @ 154 BPM  
1.5 minutes @ 143 BPM  
5 minutes @ 154 BPM  
1.5 minutes @ 143 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 6**

63 minutes from 137 to 155 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
8 minutes @ 155 BPM  
1 minute @ 144 BPM  
8 minutes @ 155 BPM  
1 minute @ 144 BPM  
8 minutes @ 155 BPM  
1 minute @ 144 BPM  
8 minutes @ 155 BPM  
1 minute @ 144 BPM  
8 minutes @ 155 BPM  
1 minute @ 144 BPM  
8 minutes @ 155 BPM  
1 minute @ 144 BPM  
3 minutes @ 142-137 BPM (cooldown)

**WEEK 9**

68 minutes from 137 to 157 BPM

**BPM CHART:**

5 minutes @ 137-142 BPM (warmup)  
19 minutes @ 157 BPM  
1 minute @ 146 BPM  
19 minutes @ 157 BPM  
1 minute @ 146 BPM  
19 minutes @ 157 BPM  
1 minute @ 146 BPM  
3 minutes @ 142-137 BPM (cooldown)