The WOW Cardio Program

Warm up: 2-5 minutes per recommendations above.

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Phase 1 (3-6 weeks)

			Date	Distance
A	FAST	2 minutes		
	slow	1 minute		
	FAST	2 minutes		
	slow	1 minute		
	FAST	2 minutes		
	slow	1 minute		
	FAST	2 minutes		
	slow	1 minute		
	FAST	2 minutes		
	slow	1 minute		
B	FAST	1 minute		
	slow	30 seconds		
	FAST	1 minute		
	slow	30 seconds		
	FAST	1 minute		
	slow	30 seconds		
	FAST	1 minute		
	slow	30 seconds		
	FAST	1 minute		
	slow	30 seconds		
C	FAST	40 seconds		
	slow	20 seconds		
	FAST	40 seconds		
	slow	20 seconds		
	FAST	40 seconds		
	slow	20 seconds		
	FAST	40 seconds		
	slow	20 seconds		
	FAST	40 seconds		
	slow	20 seconds		

Phase 2 (3-6 weeks)

			Date	Distance
A	FAST	90 seconds		
	slow	40 seconds		
	FAST	90 seconds		
	slow	40 seconds		
	FAST	90 seconds		
	slow	40 seconds		
	FAST	90 seconds		
	slow	40 seconds		
	FAST	90 seconds		
	slow	40 seconds		
B	FAST	50 seconds		
	slow	20 seconds		
	FAST	50 seconds		
	slow	20 seconds		
	FAST	50 seconds		
	slow	20 seconds		
	FAST	50 seconds		
	slow	20 seconds		
	FAST	50 seconds		
	slow	20 seconds		
C	FAST	20 seconds		
	slow	10 seconds		
	FAST	20 seconds		
	slow	10 seconds		
	FAST	20 seconds		
	slow	10 seconds		
	FAST	20 seconds		
	slow	10 seconds		
	FAST	20 seconds		
	slow	10 seconds		

Cool down with 2-5 minutes at an easy pace, longer if you want to. **Don't stop suddenly** once your time is up.

STRETCH as part of your cooldown. Take 10-15 minutes to loosen your legs, hips, glutes, and back. Stretching out will help prevent soreness and speed recovery. Work this program and in 6-12 weeks you'll be hearing a different kind of "WOW" from other people.