

Scott Marion

Beginner Aerobic Training Program

WINTER 2026 FREE EDITION

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Disclaimer

I strongly advise anyone engaging in physical activity to consult a healthcare professional prior to beginning any new exercise program. This program may not be suitable for individuals with certain medical conditions or limitations. The information provided is for educational and informational purposes and is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Physical activity and exercise carries with it certain risks, including various injuries, cardiovascular complications, and death. By following the advice and instructions laid out in this program, you voluntarily assume any and all risks associated with your participation. Additionally, by participating, you release Imperishable Crown Fitness LLC and any of its trainers from all liability, claims, demands, damages, and causes of action arising out of or in connection with your participation in the workout program.

Proper form is paramount with any exercise. You should always listen to your body and if any exercise causes pain, discomfort, dizziness, or otherwise doesn't feel right, stop right away and seek guidance from a qualified professional.

Results from this program are by no means guaranteed and are significantly dependent on individual factors including adherence, genetics, diet, and effort. Always ensure you're using equipment properly and any equipment you're using is in good working order prior to use. In the event of an emergency, seek immediate medical attention.

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Intensity Scale

Rating of Perceived Exertion (RPE)	Heart Rate Zone (Estimate)	Talk Test
1	Zone 1	Able to speak normally or sing.
2		
3	Zone 2	Able to speak normally but unable to sing.
4		
5	Zone 3	Able to speak, but only in short sentences.
6		
7	Zone 4	Able to speak but only a word or two at a time.
8		
9	Zone 5	Virtually unable to speak.
10		

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Warm-Up

The warm-up should **prepare you** to perform the workout **without adding fatigue.**

Dynamic Stretching - Arm/Leg Swings, Jumping Jacks, Yoga, or any other mobility specific movements relative to you or your chosen physical activity**.**

Myofascial Release (Foam Rolling) - Brief sessions can loosen stiff or sore areas without incurring additional fatigue.

Lower Intensity Variations - A modified, easy version of the activity. For example, if you plan to run, a warm-up might be jogging lightly for 3-5 minutes.

If the warm-up feels like a workout, it probably isn't a warm-up.

Cool-Down

The cool-down should gradually reduce heart rate, breathing, and blood pressure without dramatically changing any one of those three.

Static Stretching - Toe-touches, chest/shoulder openers, calf stretches or any other specific stretches relative to you are best suited post-workout.

Myofascial Release (Foam Rolling) - Sessions following physical activity can promote flexibility, reduce soreness, and reduce muscle fatigue.

Lower Intensity Variations - This is a modified, easy version of the activity. For example, if you just completed a run, a cool-down might be jogging lightly for 3-5 minutes.

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Template

Workout 1: Low-Intensity (Easy)

Workout 2: Moderate-Intensity (Medium)

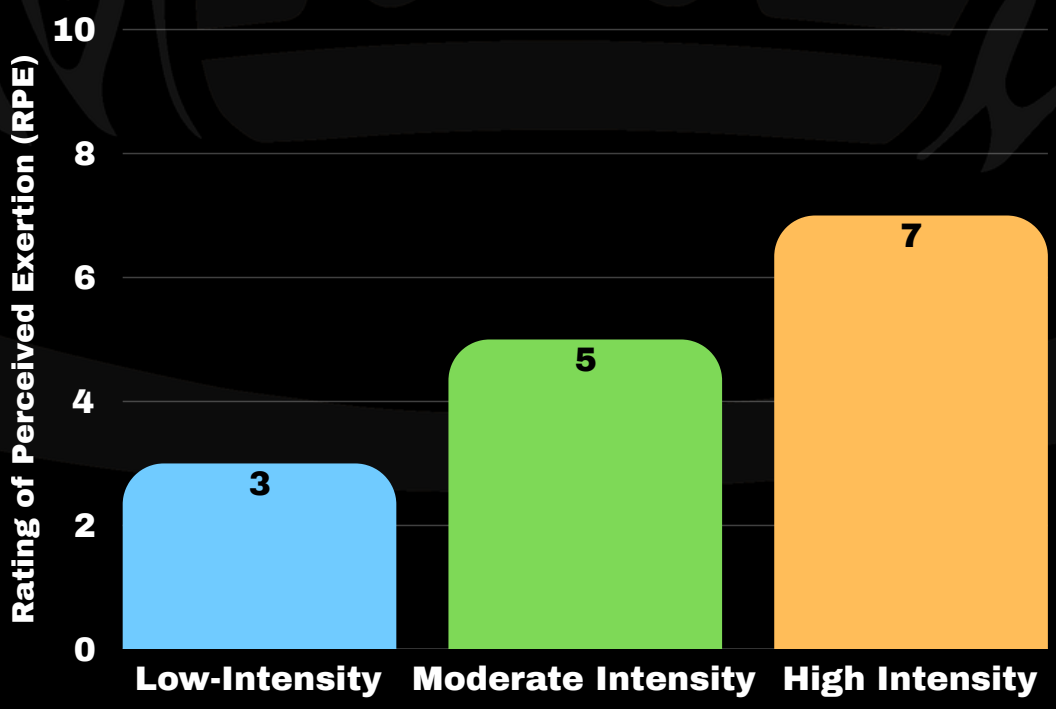
Workout 3: High-Intensity (Hard)

Three Main Objectives:

- ***Establish the habit*** *of exercise*
- ***Work at different intensities*** *(which each offer different results and can prevent injury)*
- ***Give freedom for variety*** *(to aid in adherence)*

You can choose to the **same activity** or **three different activities** for each of these workouts and those workouts can even **vary from week-to-week**.

As a beginner, **any amount** of exercise you can perform is **better than nothing** and **what you do** depends almost entirely on **what you want** to accomplish. In this case, the only **wrong** kind of cardio is **not doing anything** at all.



*If all you can manage is **one workout**, start there.*
*Though the goal is to perform all three workouts regularly to build a solid aerobic foundation **that may not be realistic for everyone**. You should do only what you can and as your fitness improves you can attempt to leave your comfort zone and do more.*

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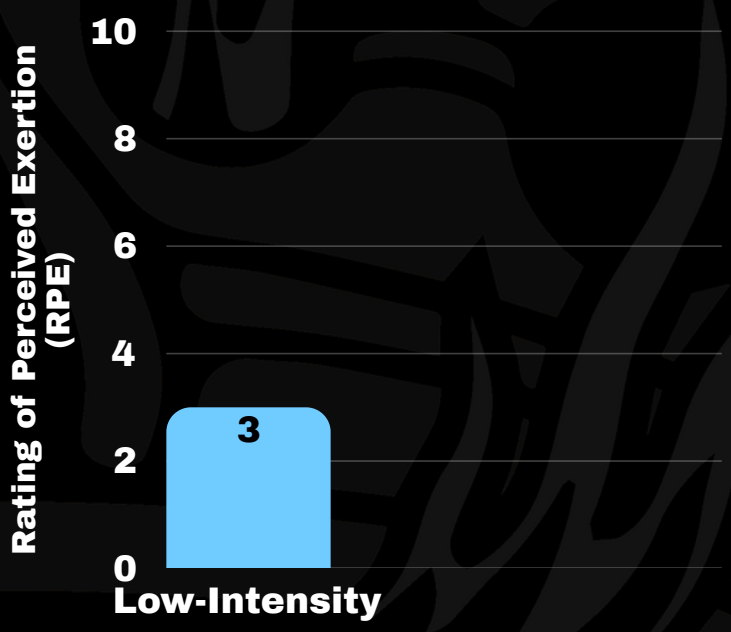
Examples

Workout 1: Low-Intensity (Easy)

Difficulty should not exceed a **4 / 10** at any given time.

Duration should typically be **10 - 20** minutes.

RPE	Heart Rate Zone (Estimate)	Talk Test
1	Zone 1	Able to speak normally or sing.
2		
3	Zone 2	Able to speak normally but unable to sing.
4		



*An easy **walk** around the block or on a **treadmill**.*

*Casual **swimming** in a pool.*

*An easy **bike** ride or stationary **cycling**.*

*Light **kayaking** or **rowing** on a machine.*

*Casual **dancing** or a follow-along **aerobic workout**.*

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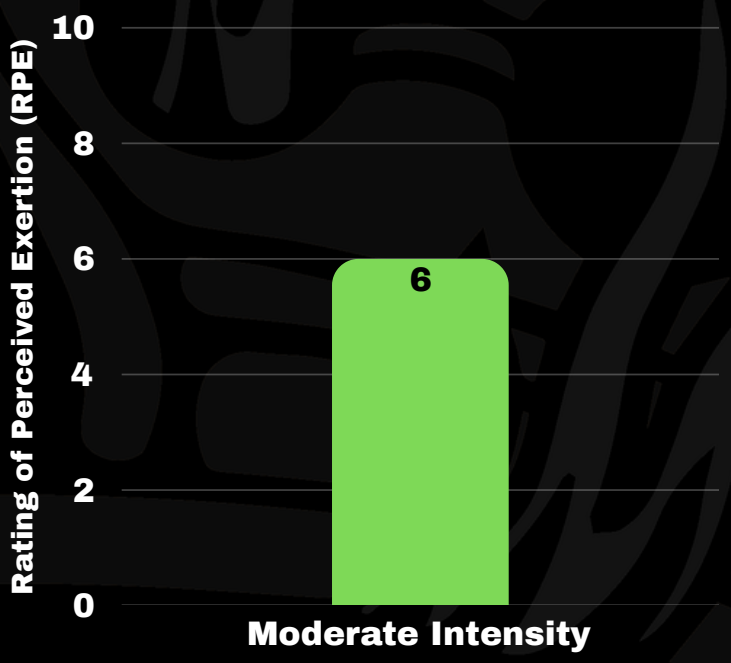
Examples

Workout 2: Moderate-Intensity (Medium)

Difficulty should not exceed a **6 / 10** at any given time.

Duration should typically be **20 - 45** minutes.

RPE	Heart Rate Zone (Estimate)	Talk Test
3	Zone 2	Able to speak normally but unable to sing.
4		
5	Zone 3	Able to speak, but only in short sentences.
6		



*A brisk **walk**, easy **hike**, or slight **incline treadmill walk**.*

***Swimming** laps in a pool or **water aerobics**.*

*Moderate **cycling** or short, brief **bike** intervals (like climbing a hill once or twice).*

*A few rounds of **Doubles tennis** or **pickleball**.*

***Skipping rope** or a modestly challenging **step** or **dance class**.*

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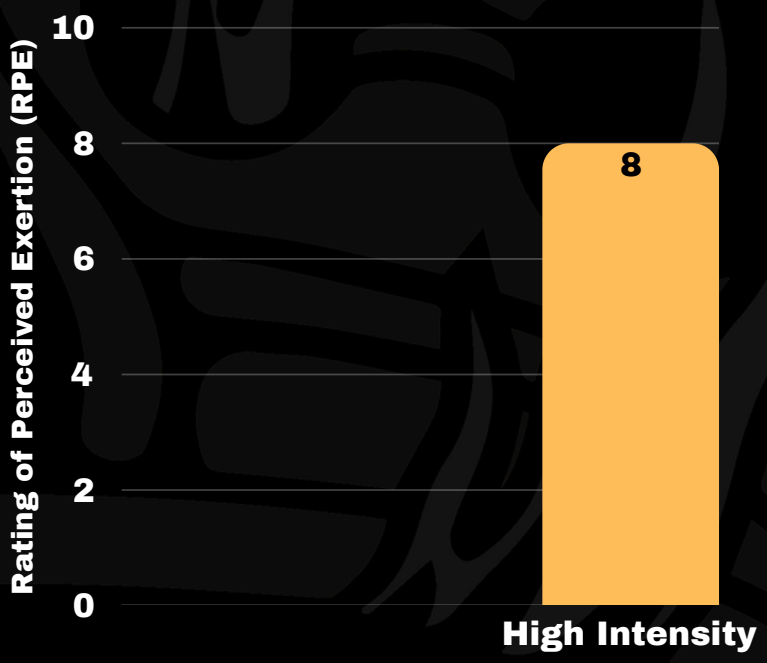
Examples

Workout 3: High-Intensity* (Hard)

Difficulty can exceed a **8 / 10** but does not need to.

Duration should typically be **30 - 60+** minutes.

RPE	Heart Rate Zone (Estimate)	Talk Test
5	Zone 3	Able to speak, but only in short sentences.
6		
7	Zone 4	Able to speak but only a word or two at a time.
8		



***High-Intensity** typically refers to the difficulty but for this program, a workout that is particularly long but performed at a low-intensity should be consider a high-intensity workout.*

High-Intensity Workouts

- ***Singles tennis** or similar team sport such as **basketball**, **soccer**, or **football**.*
- ***Cycling intervals** or a group **spin** class.*
- *A **HIIT**, **boxing**, or other **dance** or **martial arts class.***

Long Duration Workouts

- *A fairly challenging **hike**, **ruck**, or **long run**.*
- ***Long bike ride** or **mountain biking**.*
- ***Surfing**, **skiing**, or similar more-extreme sport.*

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Sample Schedule

Workout 1: Low-Intensity (Easy)	Tuesday	20 Minutes

An easy **walk** around the block or on a treadmill.

Very leisurely pace and effort such that the entire workout could be spent chatting with a friend or partner.

Workout 2: Moderate-Intensity (Medium)	Thursday	40 Minutes

A few rounds of **Doubles tennis** or **pickleball**.

Brief moments of intensity during some points but most of the time spent at a challenging but manageable difficulty with breaks between matches.

Workout 3: High-Intensity (Hard)	Saturday	60 Minutes

A weekend **spin** or **dance** class.

Constant switching between moments of very high effort and exertion and moderate recovery.

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