

Cardio Workout for Beginners athletes - sample program

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Summary. Cardio workout is an important part of the training plan of any athlete. It includes stretching exercises, workout on an exercise bike and treadmill. It requires special diet. During cardio workout recommended physical activity of moderate intensity.

Key words: cardio, beginners athletes, sample program

Introduction. Lack of exercise and being overweight is a topical problem of modern society. Sports training contribute to the well-formed athletic, vitality, performance, self-esteem and good health. To achieve all this is necessary application of complex motor program and subject to certain principles in sports training.

Material and methods. Cardio training is an important part of the plan and should not be overlooked. For the beginner athletes objectives: reducing the percentage of body fat, improving the function of the cardiovascular and respiratory system, to improve blood circulation, leading to a better performance of the muscles, reducing stress, enhancing stamina, improves the condition of the body and improving the quality of life. It is also an essential tool for the prevention of osteoporosis and reduce the risk of diabetes. Principles of the training: The most effective time for cardio is in the morning on an empty stomach. This is due to the low content of glucose in the blood and muscle glycogen. During the morning the training on an empty stomach increases the metabolism for the day. Indicating that morning cardio workout accelerates fat loss throughout the day. Cardio should be done 3 to 5 times a week between workouts, should not have more than 48 hours rest, because is not