

■ THE CANADIAN COAST CARDIO ADVENTURE



FOX FITNESS
TRAINING

Date	Activity	Duration	Resistance	Distance/Total	Check Points
1.					START: Toronto ON
2.					15 Miles : Scarborough ON
3.					28 Miles : Pickering ON
4.					36 Miles : Whitby ON
5.					41 Miles : Oshawa ON
6.					69 Miles : Port Hope ON
7.					101 Miles : Brighton ON
8.					119 Miles : Belleville ON
9.					141 Miles : Napanee ON
10.					166 Miles : Kingston ON
11.					182 Miles : Gananoque ON
12.					214 Miles : Brockville ON
13.					274 Miles : Cornwall ON
14.					340 Miles : Montreal QC
15.					378 Miles : St. Hyacinthe QC
16.					406 Miles : Drummondville QC
17.					498 Miles : Quebec City QC
18.					548 Miles : Montmagny QC
19.					574 Miles : St. Jean Port Joli QC
20.					615 Miles : Riviere Du Loup QC
21.					648 Miles : Cabano QC
22.					785 Miles : Grand Falls NB
23.					857 Miles : Fredricton NB
24.					963 Miles : Moncton NB
25.					1064 Miles : Charlottetown PEI
					1122 Miles : Halifax NS

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YOU MADE IT!

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Instructions:

- *"Life is a cinch, inch by inch"*: Correlate your total distance with the check points.
- *Mark your progress*: Circle each check point once you have traveled the equivalent distance.
- *Don't overdo it, don't underdo it*: Maintain workouts of 25-45 minutes, 3-5 times a week.
- *Use appropriate intensity*: Keep your heart rate between 65 and 85% of your maximum.
- Your Maximum Heart Rate (220 minus your age) = _____
- Your Target Heart Rate Zone (65 to 85% of your Maximum Heart Rate) = _____

Inspire others to join you on your journey!

Consider the benefits of inviting others to join you in the cardio program:

1. The more people involved, the more fun the challenge will be,
2. The more fun you have, the more exercise you are likely to do,
3. More exercise will translate into fat loss and greater health for all who are involved!

Start a Performance Group...and let the race begin!

Consider putting together a Performance Group to hold each other accountable.

Include rankings with statistics such as average speed, average distance, and best performance.

Motivate each other to try to take the lead!

Have prizes or rewards for top finishers.

Your Cardio Activity Options:

- Brisk Walking or Running on a treadmill, a track, or outdoors*
- Elliptical or Cross Trainer Machines
- Rowing Machines
- Swimming
- The Stepmaster
- Cycling or Stationary Bikes
- SPIN (Stationary Bike) Class: Worth 15 miles per class
- Skipping: Worth 2 Miles for every 10 minutes of consistent effort

* When necessary, use an odometer or pedometer to measure out the distance travelled.

For Maximal Fat Loss:

Perform cardio when blood sugar levels are lowest, such as

- First thing in the morning on an empty stomach, or
- Immediately following a resistance training workout

Keep it Fun!

- Do cardio with a friend so you can "catch up on the latest"
- Listen to music, or an audiobook
- Perform cardio workouts while watching the news, or your favorite TV program.

Conversion Chart:

- 1 Mile = 1.61 Kilometers / 1 Kilometer = .62 Miles
- 1 Mile = 5280 Feet / 1 Foot = .000189 Miles

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