

My 30-Day VO2 Max Training Plan**Week 1 - Wake Up the System**

Day 1: 30 min brisk walking, cycling, or jogging (Zone 2 - conversational pace)

Day 2: Intervals - 20 sec fast, 1:40 min easy x 6 rounds

Day 3: 20-25 min steady cardio at a slightly uncomfortable but sustainable pace

Goal: Get your heart and lungs used to moving again. Keep it light but intentional.

Week 2 - Add the Pressure

Day 1: 40 min Zone 2 cardio

Day 2: Intervals - 30 sec fast, 90 sec easy x 8 rounds

Day 3: 25-30 min jog or bike with a few short hill or stair bursts (15-20 sec)

Goal: Raise the ceiling a bit. Stay controlled, not exhausted.

Week 3 - Build Capacity

Day 1: 45 min Zone 2 cardio

Day 2: Intervals - 45 sec fast, 90 sec easy x 6-8 rounds

Day 3: Tempo session: 10 min easy, 15 min 'comfortably hard,' 5 min cool down

Goal: Increase your aerobic engine. Push a little longer, not harder.

Week 4 - Peak & Reset

Day 1: 30 min light Zone 2 (active recovery)

Day 2: Intervals - 60 sec fast, 2 min easy x 4-6 rounds

Day 3: 5K time trial or benchmark run/walk - track your pace and progress

Goal: Test your progress and give your body space to adapt.