

Cardio after 30

An adaptable starter week—not a fitness test

For generally healthy beginners/returners who can manage a short comfortable walk or equivalent. Shorten the sessions if needed; keep an appropriate existing routine if you already do more. **Main-session minutes below exclude easy warm-up and cool-down.**

Day	Example activity	Main portion
Monday	Walk, cycle, or another comfortable activity	10–15 minutes
Tuesday	Strength training	Not a cardio-minute target
Wednesday	Repeat the chosen cardio activity	10–15 minutes
Thursday	Strength training	Not a cardio-minute target
Friday	Walk or low-impact dance	10–15 minutes
Saturday	Comfortable cardio of your choice	10–15 minutes
Sunday	Rest or easy movement	Optional

Four cardio slots total **40–60 main-session minutes**, below the adult weekly target. Start easy; only minutes that reach moderate effort count as moderate minutes. Rearrange days or substitute suitable activities.

Use the talk test

Easy: comfortable conversation. **Moderate:** can talk, but not sing. **Vigorous:** only a few words before a breath. Do not force vigorous effort to make a session “count.”

Build a session

Warm up and cool down with 5–10 minutes of an easy version of the activity. Example: 5 easy + 10 main + 5 easy = 20 total minutes, with 10 main-session minutes. Shorten the main part if needed.

Progress when ready

Repeat a manageable week first. If recovery is good, change one thing: time, frequency, or effort. No fixed weekly increase is required. Longer-term adult target: at least 150 moderate or 75 vigorous minutes, or a mix, plus two strength days.

Stop for concerning symptoms. Seek urgent help for chest pain/pressure, fainting, or severe or unusual breathlessness; call your local emergency number for suspected heart-attack symptoms. Get individual advice for conditions or symptoms that affect exercise.

Read instructions and alternatives: dailyfact.net/cardio-exercises-for-over-30/
Sources: CDC adult activity and intensity guides; AHA warm-up/cool-down and heart-attack warning signs. Checked 19 October 2026. General education, not an individual prescription or rehabilitation plan. Page 1 of 2.

Record what you actually did

Week beginning: _____ Main activity: _____

Backup / shorter option: _____

Day	Activity / version	Main minutes	Effort: easy, moderate, vigorous	Recovery / comfort / next step
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Example: Mon · flat-route walk · 10 · moderate · comfortable, repeat next time. Log warm-up/cool-down separately if useful. If intensity changes, split the main minutes by effort instead of labeling the whole session vigorous.

Weekly moderate minutes: _____ **Vigorous minutes:** _____
Moderate-equivalent total: moderate + (2 × vigorous) = _____ minutes
 Easy movement still has value, but is not automatically included in that total.

Review before making the plan harder

- Could I repeat this week comfortably?
- Did any pain, unusual symptoms, illness, or fatigue affect the activity?
- Should I repeat, shorten, swap an activity, or change one variable?
- Did my schedule include suitable muscle-strengthening work?

Next week / questions for an instructor: