

Regularity is the key to success

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Cardio training should be done on a regular basis. Long periods without training will make you lose fitness and power. The best frequency is 30 to 45-minute sessions, 3 times a week.

Training time: Beginners should start by training in 15-minute sessions and increase this time, depending on the physical activity, to 30-45 minutes over the next days. Lighter activities, such as walking, or riding a bicycle, can be done more often and for longer periods of time.

It is important to realize that it takes a while for the body to learn to burn calories from fat cells. This means that, from the same training session, a beginner's body will burn less fat than the body of a more advanced trained athlete.