

Conversational aerobic session

Reviewed 31 October 2026 · General adult education

25–35 min · A familiar level walking route or stationary bicycle

Before starting: use the pathway readiness check. These sheets are for adults without symptoms or restrictions affecting exercise. Experienced sheets require familiar technique. A matched result is not medical clearance.

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.

Effort & preparation

Comfortable conversation throughout. If deliberately moderate, you can talk but not sing. Keep this easy when sport workload is high.

5–8 min gradually increasing from easy walking or cycling.

Slow down or stop whenever needed. There is no target pace to chase.

01 Familiar walking or cycling | 15-20 min

Choose a comfortable pace and predictable surface. Shorten the main portion if necessary.

Easier option: Take brief pauses or use shorter bouts at an easier pace.

Finish: 5 min gradually slower movement.

Record this session

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Conversational aerobic session · Use the instructions on the preceding page(s).

Date / session start	
Sleep / energy beforehand	
Exercises: load, reps by set	
Effort / reps left in reserve	
Comfort / recovery afterwards	

Choose your next step

Comfortable and on target: repeat. Harder than intended: use an easier option or less resistance next time. Poorer recovery: rest or use the easier-day sheet. Symptoms: stop and follow the safety guidance.

For strength only: after two comfortable sessions at the top of the stated repetition range with the intended reserve, optionally make the smallest familiar load increase and return to the lower repetition count. Do not also add sets. There is no automatic weekly progression.

Aerobic work: repeating the same manageable dose is useful. Do not automatically add speed, duration or intervals.

What I will repeat or change	
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Sources & editorial limits

Aerobic effort and the talk test: CDC

<https://www.cdc.gov/physical-activity-basics/measuring/>

Warming up: NHS

<https://www.nhs.uk/live-well/exercise/how-to-warm-up-before-exercising/>

Sources inform general principles; they have not tested or endorsed these exact KYH workouts. Original editorial templates, AI-assisted, not independently reviewed by a clinician.