

## TEMPLATE 8: ENDURANCE TRAINING PROGRAM *by*



- CLIENT CATEGORY: ENDURANCE TRAINING
- KEY WORKOUT TYPES: CARDIO, STRENGTH ENDURANCE, CORE STABILITY
- TEMPLATE STRUCTURE:
  - DAY 1: LONG-DISTANCE CARDIO (45–60 MINUTES)
    - EXERCISE: STEADY-STATE RUNNING OR CYCLING
  - DAY 2: STRENGTH ENDURANCE CIRCUIT (45 MINUTES)
    - EXERCISES: LIGHT-WEIGHT LUNGES (4X15), GOBLET SQUATS (3X20), KETTLEBELL SWINGS (3X15)
  - DAY 3: CORE & BALANCE (30 MINUTES)
    - EXERCISES: PLANKS (3X1 MIN), SIDE PLANKS (3X45 SEC), SUPERMANS (3X12)
- WARM-UP/COOL-DOWN: GENTLE CARDIO AND STRETCHING.

