

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.

