

## **Cardio Endurance Program (5 Days per Week)**

**Focus:** Building long-term cardiovascular endurance with running, cycling, and rowing

### **Schedule:**

- **Day 1:** Running
  - **Day 2:** Cycling
  - **Day 3:** Rowing
  - **Day 4:** Running
  - **Day 5:** Cycling & Rowing Combo
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### **Day 1 - Running (Steady-State)**

#### **Warm-Up (10 minutes):**

- Light jogging or brisk walking for 5 minutes
- Dynamic stretches (leg swings, high knees, butt kicks)

#### **Workout:**

1. **Steady-State Running** – 30-45 minutes at a moderate pace (60-70% max heart rate)
    - Focus on maintaining a consistent pace. You should be able to hold a conversation but still feel like you're working.
  2. **Cooldown (5-10 minutes):**
    - Light jogging or brisk walking
    - Stretching (focus on hamstrings, quads, calves)
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### **Day 2 - Cycling (Steady-State)**

#### **Warm-Up (10 minutes):**

- Easy cycling at a low resistance for 5 minutes
- Dynamic stretches for legs and hips

#### **Workout:**

1. **Steady-State Cycling** – 45-60 minutes at a moderate pace (60-70% max heart rate)

- Maintain a consistent, comfortable pace that challenges you without overexerting.

**2. Cooldown (5-10 minutes):**

- Light cycling at low resistance
  - Stretching (focus on quads, hamstrings, calves, hips)
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**Day 3 - Rowing (Steady-State)**

**Warm-Up (10 minutes):**

- Easy rowing at low resistance for 5 minutes
- Dynamic stretches (focus on shoulders, arms, hips)

**Workout:**

1. **Steady-State Rowing** – 30-45 minutes at a moderate pace (60-70% max heart rate)
    - Focus on smooth, consistent strokes and pacing. Keep your breathing steady and controlled.
  2. **Cooldown (5-10 minutes):**
    - Light rowing at a low pace
    - Stretching (focus on lower back, shoulders, hamstrings)
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**Day 4 - Running (Steady-State)**

**Warm-Up (10 minutes):**

- Light jogging or brisk walking for 5 minutes
- Dynamic stretches (leg swings, high knees, butt kicks)

**Workout:**

1. **Steady-State Running** – 30-45 minutes at a moderate pace (60-70% max heart rate)
  - Keep a consistent pace. Consider running on varied terrain (e.g., trails or incline) to challenge your endurance.
2. **Cooldown (5-10 minutes):**

- Light jogging or brisk walking
  - Stretching (focus on quads, calves, hamstrings)
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## Day 5 - Cycling & Rowing Combo (Endurance Blend)

### Warm-Up (10 minutes):

- Easy cycling for 5 minutes
- Dynamic stretches for legs and hips

### Workout:

1. **Cycling** – 25 minutes at a moderate pace (60-70% max heart rate)
    - Focus on keeping a steady pace throughout.
  2. **Rowing** – 20-25 minutes at a moderate pace (60-70% max heart rate)
    - Maintain a consistent rhythm and form throughout.
  3. **Cooldown (5-10 minutes):**
    - Light cycling at low resistance and easy rowing
    - Stretching (full-body stretch focusing on legs, back, shoulders)
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### Progression & Notes:

- **Intensity:** Keep a **steady, moderate pace** that allows you to sustain the workout for the entire duration without feeling completely exhausted.
- **Duration:** Start with 30 minutes per session and gradually increase to 60 minutes as your endurance improves.
- **Heart Rate Zones:** Aim for **60-70%** of your max heart rate to build endurance effectively. You should be able to talk but not sing during the workout.
- **Rest Between Days:** This program involves cardio on consecutive days, but if you feel you need a rest day between any of the sessions, it's okay to adjust.
- **Cross-Training:** Combining running, cycling, and rowing keeps the workouts varied and reduces the risk of overuse injuries, while still building cardiovascular endurance.

- **Recovery:** Ensure proper hydration and nutrition to aid in recovery and help your body adapt to the increased cardio workload.