

Advanced Outdoor Endurance Plan

Target Audience: 24-34 y/o, no injuries, tracked on wearables

Monday:

Endurance Run

Warm-Up: Light jog (5 min)

Workout: 5-8 km steady pace run

Cool-Down: Walking + stretches

Watch: <https://www.youtube.com/watch?v=UBMk30rjy0o>

Tuesday:

Strength & Core Outdoors

Warm-Up: Bodyweight mobility drills

Workout: 3 sets - Push-ups, Pull-ups, Planks, Bench Step-ups

Cool-Down: Arm and leg stretches

Watch: <https://www.youtube.com/watch?v=AnYl6Nk9GOA>

Wednesday:

HIIT Intervals

Warm-Up: Jog + dynamic stretches

Workout: Sprint 1 min / Walk 2 min x 6

Cool-Down: Gentle jogging + deep breathing

Watch: <https://www.youtube.com/watch?v=4pKly2JojMw>

Thursday:

Trail Running

Warm-Up: Incline walk

Workout: 45 min trail run with hills

Cool-Down: Stretch calves and quads

Watch: https://www.youtube.com/watch?v=_Zem0_qsDg0

Friday:

Active Recovery

Routine: 30 min walk + full-body stretching

Watch: https://www.youtube.com/watch?v=2_L3sM1U8b4

Saturday:

Outdoor Team Sports

Play: Soccer, Basketball, or Volleyball (45-60 min)

Cool-Down: Light jog and mobility work

Watch: <https://www.youtube.com/watch?v=ml6cT4AZdql>

Sunday:

Long Distance Run

Warm-Up: Walk + leg swings

Workout: 10-15 km easy pace run

Cool-Down: Full-body foam rolling

Watch: <https://www.youtube.com/watch?v=Qq8Uc5BFogE>

Tips:

- Use a fitness wearable to track heart rate, pace, and distance.
- Hydrate regularly before and after runs.
- Stretch thoroughly after each session to prevent injury.
- Vary terrain to build endurance and strength.