

Beginner 30-min Endurance Plan for Under-18s

With Basic Nutrition Knowledge

Monday: Endurance Run

Warm-Up (5-10 minutes):

- Dynamic stretches (leg swings, arm circles)
- Light jogging or brisk walking

Workout (30 minutes):

- Run at a comfortable pace or alternate 2 min run / 1 min walk

Cool-Down (5 minutes):

- Walk slowly to lower heart rate
- Static stretches (quadriceps, hamstrings)

Tuesday: Active Recovery & Nutrition

Active Recovery (20-30 minutes):

- Yoga, light cycling, or swimming

Nutrition Knowledge (10 minutes):

- Importance of balanced meals: carbohydrates, proteins, fats
- Hydration: aim for 6-8 cups of water daily
- Healthy snacks: fruits, nuts, yogurt

Wednesday: Interval Training

Warm-Up (5-10 minutes):

- Dynamic stretches and light jogging

Workout (30 minutes):

- Alternate 1 min fast run / 2 min easy jog

Cool-Down (5 minutes):

- Light walking and full-body stretches

Thursday: Cross-Training

Warm-Up (5-10 minutes):

- Jump rope or fast-paced walk

Workout (30 minutes):

- Mix of cycling, swimming, or rowing at steady pace

Cool-Down (5 minutes):

- Gentle stretches and deep breathing

Friday: Fartlek Play

Warm-Up (5-10 minutes):

- Light jog and mobility work

Workout (30 minutes):

- Fartlek: playful speed changes (15 min faster blocks / 1-2 min easy)

Cool-Down (5 minutes):

- Slow walk and stretching

Saturday: Fun Activity

- Engage in sports or games: soccer, basketball, hiking (30-60 minutes)

Sunday: Rest or Gentle Recovery

- Light yoga, stretching, or leisurely walk (15-20 minutes)

Tips:

- Maintain a colorful plate: include vegetables, lean proteins, and whole grains
- Prioritize sleep: aim for 8-10 hours per night
- Listen to your body: rest if feeling overly fatigued
- Track progress: note durations and how you feel each session