

# Elite Max Endurance Training Plan

Target Audience: Weekly trainers motivated by buddies

## **Monday:**

Threshold Run

Warm-Up: Jog (10 min)

Workout: 6 km at lactate threshold pace

Cool-Down: Walking and static stretches

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

## **Tuesday:**

Strength & Mobility

Warm-Up: Mobility drills

Workout: Weighted squats, Deadlifts, Chin-ups

Cool-Down: Foam rolling + yoga

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

## **Wednesday:**

Buddy HIIT Session

Warm-Up: Skipping + drills

Workout: Circuit with friend - Burpees, Box Jumps, KB Swings

Cool-Down: Partner stretching

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

## **Thursday:**

Bike Intervals

Warm-Up: Easy cycling (10 min)

Workout: 10x1 min high-intensity / 1 min rest

Cool-Down: Easy spin and deep breaths

Watch: [https://www.youtube.com/watch?v=\\_Zem0\\_qsDg0](https://www.youtube.com/watch?v=_Zem0_qsDg0)

## **Friday:**

Swimming or Rowing

Warm-Up: Arm swings + light swim/row

Workout: 45 min at endurance pace

Cool-Down: Shoulder and leg stretches

Watch: [https://www.youtube.com/watch?v=2\\_L3sM1U8b4](https://www.youtube.com/watch?v=2_L3sM1U8b4)

**Saturday:**

Group Long Run

Warm-Up: Light jog

Workout: 15-20 km steady with running club

Cool-Down: Full mobility flow

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

**Sunday:**

Active Recovery

Routine: Sauna, foam rolling, yoga flow (20-30 min)

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

**Tips:**

- Train with friends to stay accountable and push limits.
- Monitor HR zones and recovery time after intense workouts.
- Include cross-training (bike, swim, row) to avoid overuse injuries.
- Prioritize sleep and nutrition for optimal performance.