

## Endurance tips

To increase muscular endurance we need to increase our overall strength and train both our anaerobic and aerobic systems.

### Anaerobic training

Interval training is one of the best methods to increase your anaerobic threshold.

1. Perform five intervals (running, cycling etc) at your maximum intensity for no more than 10 minutes per interval.
2. Rest for 3 to 5 minutes.
3. Interval training should not be done more than twice per week.

### Aerobic training

1. Aerobic training is any training where the heart is working at 60 to 80% of your maximum heart rate.
2. Using a heart rate monitor can help to ensure that you stay within this "zone".
3. Your maximum heart rate can be calculated by subtracting your age from 220. (e.g. If you are 30 then your maximum heart rate is  $220 - 30 = 190$ ).
4. You can aerobically train and strength train simultaneously. Elevate your heart rate during your warm up, then keep it elevated by performing an exercise such as skipping at the end of each set.

### How to be successful:

- **Create a starting point:**
  - Measure your current endurance. The Step Test is a good test of cardiovascular endurance. Carry out the test every 4 to 6 weeks and record the results.

#### Get support:

It is a lot easier to quit an exercise programme if you are alone. Team up with a friend or family member who has similar goals. You may want to be competitive and see how is improving faster.

#### Vary the training:

Every two to three weeks create a new routine. This prevents boredom and stimulates the muscles in new ways.

#### Perform the sport that you are training for:

Weight training will make you stronger and increase your endurance. If your goal is to increase endurance for a particular sport then you must continue to perform the sport in order to maximize the neurological changes.

#### Take it easy and keep it fun!

Many people who start an exercise program are too enthusiastic, get injured and lose interest. Take it easy; go for a fast walk before a run. Train twice a week and use light weights. Go with a friend and have fun. Once the exercises start feeling easy, then increase the weight or increase the frequency.

**Medical advice:**

If you have not exercised in a while or have suffered an injury then get medical advice before starting an exercise program