

ENDURANCE

These exercises should have about 30 sec between each set. The 1st block should go in the morning, the 2nd one at lunch or in the afternoon, and if there is a 3rd one then that one should go in the evening and if not the 2nd block can also go in the evening. If you have any club that is a sport then you can skip that days 2nd and 3rd block and also the endurance training, on the day/days that you have training, tournament and/or match.

Monday	<ul style="list-style-type: none">● Block 1:<ul style="list-style-type: none">○ Plank 2 x 30○ Hold 2 x 20○ Wall sit 2 x 40● Outdoor:<ul style="list-style-type: none">○ Jogging<ul style="list-style-type: none">■ 30 min easy<ul style="list-style-type: none">● 11 km/h or about 5.5 km
Tuesday	<ul style="list-style-type: none">● Block 1:<ul style="list-style-type: none">○ 4 x 10 pushups○ Left leg squat 2 x 15○ Right leg squat 2 x 15○ Push sit up 2 x 20● Block 2:<ul style="list-style-type: none">○ 2 x 30 sec thrusters○ 3 x 10 Push up to Jump no dumbbells○ Crunch with Knee lift 40 sec
Wednesday	<ul style="list-style-type: none">● Block 1:<ul style="list-style-type: none">○ Plank 2 x 30○ Hold 2 x 20○ Wall sit 2 x 40● Outdoor:<ul style="list-style-type: none">○ Jogging<ul style="list-style-type: none">■ 30 min easy<ul style="list-style-type: none">● 11 km/h or about 5.5 km
Thursday	<ul style="list-style-type: none">● Block 1:<ul style="list-style-type: none">○ 4 x 10 pushups○ Left leg squat 2 x 15○ Right leg squat 2 x 15○ Push sit up 2 x 20● Block 2:

	<ul style="list-style-type: none"> ○ 2 x 30 sec thrusters ○ 3 x 10 Push up to Jump no dumbbells ○ Crunch with Knee lift 40 sec
Friday	<ul style="list-style-type: none"> ● Block 1: <ul style="list-style-type: none"> ○ Plank 2 x 30 ○ Hold 2 x 20 ○ Wall sit 2 x 40 ● Outdoor: <ul style="list-style-type: none"> ○ Jogging <ul style="list-style-type: none"> ■ 30 min easy <ul style="list-style-type: none"> ● 11 km/h or about 5.5 km
Saturday	<ul style="list-style-type: none"> ● Block 1: <ul style="list-style-type: none"> ○ 4 x 10 pushups ○ Left leg squat 2 x 15 ○ Right leg squat 2 x 15 ○ Push sit up 2 x 20 ● Block 2: <ul style="list-style-type: none"> ○ 2 x 30 sec thrusters ○ 3 x 10 Push up to Jump no dumbbells ○ Crunch with Knee lift 40 sec
Sunday	<ul style="list-style-type: none"> ● Outdoor: <ul style="list-style-type: none"> ○ 400 m warm up with stretches <ul style="list-style-type: none"> ■ Criss cross jog 50 m each ■ Both arms forwards 50 m ■ Both arms backwards 50 m ■ Jump 10 m ■ Lunges 10 m ■ Mario jump 30 m ■ Legs up forward 30 m ■ Legs up behind 30 m ■ Sprint 40 m ○ 800 m ○ 400 m (at 800 m pace) ○ 800 m