Cardio and Endurance booster.

**Basic**

Duration: 30-45 minutes.

I recommend doing this at least three times a week.

Drink plenty of water and remember to stretch!!!!

Don’t eat an hour prior to the workout, if you must have a banana or simple sugars to be burned as immediate energy.

Drink A SHOT of chocolate milk after your run to rejuvenate your electrolytes and replenish energy.

Week 1



Run (treadmill, outside either works) for at least 20 minutes.

After running:

2 sets of 20 jump squats 🡪

2 sets of 20 burpees

Stretch routine

Week 2

Stretch

Run 10 minutes up and down stairs (inside or outside. I recommend going to a stadium or anywhere with long flights)

5 sets of 20 lunges (do in a field or open area where you can pace)

Run 10 minutes

Stretch

Week 3+4

stretch

3 sets of jump squats

3 sets of lunges

3 sets of burpees

3 sets of pushups

15 minutes minimum your choice of cardio

Stretch!