



WORKOUT OF THE DAY **MWR**

Cardio Endurance Training

What You'll Need: cones or establish your own land markers changing your pace every time you run close to one.

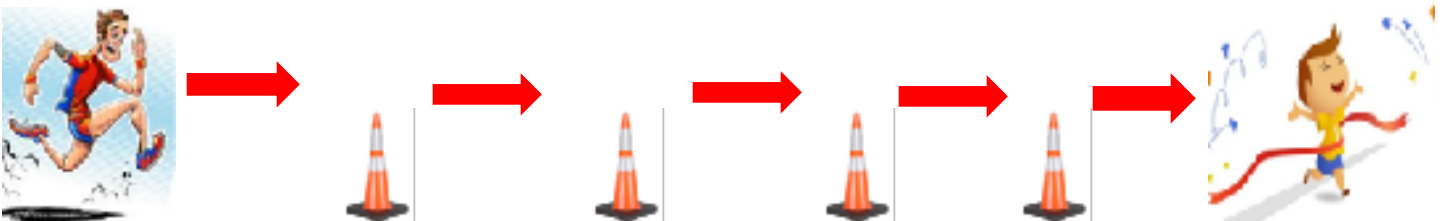
Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential to prevent injuries.

Warm Up (2X): Heel digs, Knee lifts, Shoulder rolls, Knee bends, arms reach, torso rotation. 20 seconds each.

Fartlek Training for 10 to 40 minutes. fartlek's are unstructured type of training because the work-rest intervals can be based on how the body feels. With fartlek training, you can experiment with pace and endurance, and experience changes of pace. Choose landmarks and change the running pace from fast, to faster, and then to a slower pace according to the markers that you choose or your own choice.

Example: set cones around a designated outdoor or indoor space. Length of one to four mile long according to your goals and fitness level. Running changing pace every time you get close to the cone.

Start easy pace fast pace slow pace very fast pace slow pace cooldown





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Cool Down: Breezy rum for 8 to 10 minutes. Stretch whole body once you finish.