

Endurance Cardio Beginner Workout Plan

Week 1

- **Monday:** Start with a 10-minute warm-up, either jogging or brisk walking, ideally uphill. Then, engage in a 4-minute high-intensity uphill walk or run, aiming for 85-95% of your maximum heart rate. Cool down for 5 minutes to wrap up.
- **Wednesday:** Warm up for 10 minutes at a comfortable pace. Follow up with a 20-minute run or walk at a slightly challenging pace without stopping. Include core exercises: 10 push-ups, 15 squats, and 10 squat jumps.
- **Friday:** After a 10-minute light warm-up, do two sets of 4-minute walks or runs at high intensity, separated by a 3-minute relaxed walk. End with a 5-minute calm walk.

This plan combines endurance building with core strengthening for a best approach to fitness.

Week 2

- **Monday:** Increase your warm-up to 15 minutes with a mix of jogging and brisk walking. Follow with 4x4 minutes of uphill running or walking at high intensity, aiming for 85-95% of your max heart rate, with 3 minutes of walking rest between intervals. Cool down for 5 minutes.
- **Wednesday:** Begin with a 15-minute warm-up. Conduct a continuous 25-minute run or walk at a moderate, slightly challenging pace. Incorporate strength training: 2 sets of 12 push-ups, 15 squats, and 12 squat jumps with minimal rest between exercises.
- **Friday:** After a 15-minute warm-up, complete 3 sets of 4-minute high-intensity runs or walks, each followed by 2 minutes of relaxed walking. End with a comprehensive 10-minute cool down focusing on stretching and flexibility.

Week 3

- **Monday:** Start with a 15-minute dynamic warm-up, incorporating mobility exercises. Proceed with 3x4-minute intervals of high-intensity running or brisk walking, each followed by 3 minutes of rest. Conclude with a 5-minute cool-down.
- **Wednesday:** Select an unconventional activity that uses large muscle groups, such as swimming, cross-country skiing, or cycling. Engage in this activity for at least 60 minutes to introduce variety and fun into your routine.
- **Friday:** Focus on the connection between physical activity and brain health with a 10-minute warm-up, followed by a 3x4-minute intense interval uphill to boost circulation and oxygen supply to the brain. End with a 5-minute cool-down.

Enjoy a restful weekend to prepare for the increased intensity in the upcoming week.

Week 4

- **Monday:** Engage in a rigorous 4x4 minutes interval endurance program with a 10-minute warm-up, alternating between 4 minutes of high-intensity walking or running and 3 minutes of relaxed walking, concluding with a 5-minute cool-down.
- **Wednesday:** Repeat Monday's endurance session to further boost your health and fitness levels.
- **Friday:** Focus on a 1x4 minute kick-start session followed by a nice core strength program, including squats, split squats, squat jumps, and push-ups, to reinforce muscle strength and endurance.

Core Strength Program

- **Squats:** 10 reps for foundational lower body strength.
- **Split-Squats:** 7 reps per leg, enhancing balance and unilateral strength.
- **Squat Jumps:** 5 reps, introducing plyometrics for power.
- **Push-Ups:** Maximum reps, targeting upper body and core endurance.

Tips:

- **Warm-Up/Cool Down:** Always include gentle stretching in your warm-up and cool down phases to prevent injuries.
- **Progression:** Increase the intensity of the high-intensity intervals as you feel more comfortable.
- **Recovery:** Listen to your body. If you need an extra rest day, take it.