

DIFFERENT WAYS TO IMPROVE YOUR AEROBIC CAPACITY

First of all, what is endurance training, and why do we do it? Endurance training, or cardio workout, is about training your heart and lungs. This has many positive effects on your body; your heart and immune system gets stronger, your aerobic capacity goes up, the body's capability for burning fat improves and this prevents you from developing a bunch of diseases (for example diabetes, cardiac failure and obesity). And these are just some of the health benefits!!

There are a lot of ways to improve your condition (as you can see in the other endurance programs). But if you are new to this kind of training, I'm going to describe how you can get started, by either using a treadmill or a stationary bicycle.

Treadmill or stationary bike

Depending what you like best, you can use either a treadmill or a stationary bike to improve your endurance. If you have trouble with your knees, hips or back, it might be better for you to use a stationary bike. On both a treadmill and a bike there are pre-set workouts, but here I'm going to tell you about some programs you set manually.

- !- If your shape is poor, you can start by walking fast for 30 min, or on a bike pedalling fast with low resistance.
- !- As you get used to it, you can increase your walking speed/ start jogging, or increase the resistance on the bike.
- !- When you can jog or pedalling (with some resistance) for 30 min continuously, you can either increase the time of your workout or the speed/ resistance of your jogging/cycling.

Interval training

You can also train in intervals, where you shift between intensive and resting periods. Before you start, warm up for about 15 min with a moderate intensity (your breathing pattern get faster and you get warm and sweaty). There are several ways you can perform the interval training:

- !- 2 min intervals x 5 times with 1 min rest between each interval. The first two intervals should have moderate intensity, the last three you give it what you got.

OR

- !- 3 min intervals x 3 times with 1 ½ min rest between each interval. Compared to the other interval program, the intervals are a little longer, so you can have a bit lower intensity. On the last interval you give it what you got, so you're all done when you're finished.

OR

- !- 20 sec interval x 7 times with 10 sec rest between each interval. This kind of interval training is called 'Tabata'. To perform it correctly, you should have 150% effort during the interval, and use the 10 sec to rest the best you can. Trust me – you're in for a treat!

These are some of the ways you can improve your endurance. You should do it 2-3 times a week, and if you manage to squeeze in 2-3 workouts with strength training (see the strength programs) as well, you'll achieve a great physique in no time!

GOOD LUCK!!!!

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