

Aerobic Endurance Session

Level : beginner

Total duration : 45 à 55 minutes



Your session goals

- **Develop your aerobic base capacity (fundamental endurance)**
 - *Built a more efficient heart → lower heart rate at the same effort*
- **Improve cardiorespiratory efficiency**
 - *Enhance breathing and blood circulation*
- **Strengthen muscles and joints without excessive fatigue**
 - *Built muscular endurance and increase fat utilization*
 - *Reinforce tendons and bones (injury prevention)*
 -
- **Condition your body for regular training**
 - *Run longer and more comfortably over time*

A few recommendations

- **Run slow to improve fast** : if you can talk while running, you're in the right zone
- **Progress gradually** : increase total volume by no more than 10 % per week. Aerobic endurance is the foundation of sustainable progress
- **Let your body adapt** : muscles improve quickly, tendons take longer. Endurance develops the engine (heart, muscles) and strengthens the structure (tendons, bones)
- **Be consistent and patient** : 2 or 3 easy runs per week are better than one hard session

« *Run slow, build strong, last long* »



Warm-up

Duration : 10 à 15 minutes

Goal : gradually prepare your heart, muscles and joints

Content :

- **10 min** brisk walk or very light jog
- **5 min** mobility work :
 - ankle, knee, hip and shoulder rotations
 - a few light high knees/butt kicks
- **2-3 short accelerations** (20-30 m) at moderate pace



Aerobic Endurance

Duration : 25 à 35 minutes

Target heart rate zone : 65 à 75 % of your HRmax

Goals : maintain a steady pace within your endurance zone

Effort level : easy, you should be able to talk comfortably

Options : level 1 - level 2 - level 3

- 10 × 2 min easy jog
 - 1 min brisk or normal walk between reps for recovery
- or
- 3 × 10 min easy jog
 - 2 min de marche rapide ou normale entre chaque répétition pour récupérer
- or
- 25 à 30 min continuous easy run if you feel comfortable



Cool-down

Duration : 5 à 10 minutes

Goals : gradually bring your heart rate back down

Contenu :

- 5 à 10 min easy walk
- Gently stretches (45 sec à 1 min) calves, quads, hamstrings, glutes, back
- Hydrate progressively with small sips of water



Additional tips

Session frequency : 2 à 3 times per week, spaced by at least 48h

Monitoring & analysis :

- you should finish each session feeling good, without heavy breathing
- Over time, you should be able to run longer at the same heart rate, a sign of improved aerobic capacity

Equipment:

- **Important** : consult a specialist when choosing running shoes. They must suit your gait, foot type, body weight and training surfaces.
- Use heart rate monitor to stay in the right zone and optimize your sessions.