

HOW TO CREATE AN ENDURANCE ROUTINE

1. Begin any endurance training program with a warm-up period. Gradually increase the intensity of your activity over a period of 5 to 10 minutes.
2. Start with a comfortable pace, speed, and distance. Start slowly and gradually increase your pace and intensity. As your fitness improves, you will need to work harder to achieve your target heart rate. Increase your speed and/or intensity—choose a route with more hills or increase the elevation and/or resistance on the machine.
3. Keep your heart rate in your target range for at least 20 minutes, unless you are jumping rope (in which case 5 to 10 minutes may be strenuous enough) or following a circuit program (special instructions for this type of program are given later in this chapter). Maintain your target heart rate as much as possible after you warm up and until you cool down.
4. End your workout with a 5- to 10-minute cool-down period. Gradually reduce the intensity of your activity so that your heart can return to pre-exercise levels.

Caution: Always listen to your body and be alert to any signs and symptoms of too much stress.

#1 ■ Walking

Why this exercise? Our definition of walking can include jogging, running, and skating, depending on your level of physical fitness. Most of these variations can be performed outdoors or indoors. Walking is a weight-bearing exercise, which is good for bone density, but it may irritate your joints, especially those in your knees, hips, and ankles.

Outdoors

Getting out into the fresh air and conquering the roads and hills—at whatever pace you can achieve—is the ideal way to begin an aerobic exercise program. You can begin by walking out your front door.

Pros

- You can walk almost anywhere.
- You don't need much, if any, equipment.
- You can walk with friends.
- You can listen to music or recorded books while exercising.

Cons

- The weather can be a problem.
- You're dependent on your body for feedback on your performance, unless you use a heart monitor.

Indoors

You can walk indoors using a treadmill or an elliptical machine. Your imagination can take you along the Appalachian Trail or a Cape Cod beach, through a Central American cloud forest, or to a pueblo ruin in the Southwest.

Tips for walking:

- Walk with your head and back well aligned and your stomach and chin tucked in. Your toes should point forward, your shoulders should be down and relaxed, and your arms should be close to your body. Keep your elbows bent 90 degrees and let your arms swing comfortably, but not higher than the middle of your chest and not past your hips in the back. As you increase your pace of walking, you will increase the movement of the arms as well. Your hands should be relaxed and in a loose fist. As you take a step, put your weight on your heel and then roll toward the front of your foot to push off.
- Time, not distance, is important. Gradually increase the time you walk to 30 to 60 minutes.
- To enhance your workout, try not to hold onto the handrails of the treadmill or elliptical while you use them. If you must do so, use a very light grip.
- Pay attention to your body! If you experience pain, seek professional assistance before you hurt yourself.



PHOTO 1



PHOTO 2