

# ENDURO #1

## Category: Strength

This high-rep, low-resistance workout is a real leg burner!

Jog with your group for about 10 mins to a well lit area that has a long set of stairs or steep hill incline. About 50 to 80 steps is ideal.

Start the clock! The race is on to see who can complete **4 rounds** of this mayhem first.

Participants all start at the same time by doing their prescribed number of prisoner squats before running up the stairs as fast as possible. The squats really prime the quads and glutes for the incline.

Participants must **walk back down** the stairs.

At the bottom of the stairs, immediately commence walking lunges in the direction of a cone or marker placed up to 400m away. During the lunges, remind participants that during the run, their legs will feel very heavy as the glycogen supply in the muscles gets depleted. This is actually desirable to achieve the training effect of the workout.

**Main segment: 30-35 mins**

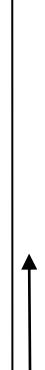
**4 rounds of**

	<b>Beginners</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Prisoner Squats</b>	20	30	40
<b>Stair Climb (run up, walk down)</b>	1	1	1
<b>Walking Lunges</b>	20	30	40
<b>Run to cone and back</b> (Walkers go half way)	600m	700m	800m

**Adv.**  
400m

**Int.**  
350m

**Beg.**  
300m



Start



## Cool Down / Stretches



*Hip Flexors*



*Quads*



*Hamstring*



*Calf*



*Glutes*



*Lower Back*