



Sample Endurance Session

Warm up			
Exercise	Sets	Duration	Coaching tip
Jog		5 minutes	Z2

Dynamic Strength						
Exercise	Sets	Rep	Tempo	Rest	Weight	Notes
Slow Groiner	1	10	Controlled			Alternate Legs
Arm swings	1	10	Controlled			
Inch worms	1	10	Controlled			
Walking hip Cradle	2	10	Controlled			Alternate Legs after 10 reps

Activation						
Exercise	Sets	Rep	Tempo	Rest	Weight	Notes
Plank	3	20 Sec	Controlled	20 seconds		
Single leg Bridge	1	10	2 sec pause at top			
Monster Walks	2	10m	Controlled			
Shoulder IR & ER	2	10	Controlled			Alternate Arms after 10 reps

Resistance						
Exercise	Sets	Rep	Tempo	Rest	Weight	Notes
Single leg Deadlift	3	15	Controlled	30 seconds	40-60% 1rm	
Step up	3	15	Controlled	30 seconds	40-60% 1rm	
Lat Pull Down	3	15	Controlled	30 seconds	40-60% 1rm	
Dumbbell Bench Press	3	15	Controlled	30 seconds	40-60% 1rm	
Auxiliary						
Exercise	Sets	Rep	Tempo	Rest	Weight	Notes
Mac Raise	3	10	Controlled	30 seconds		
Fire Hydrants	3	10	Controlled	30 seconds		
Prone Y press	3	10	Controlled	30 seconds		

Core						
Exercise	Sets	Rep	Tempo	Rest	Weight	Notes
Swiss ball roll out	3	15	Controlled	30 seconds		
Wood chop	3	15	Controlled	30 seconds		
Hollow hold	3	20-30 sec	Controlled	30 seconds		