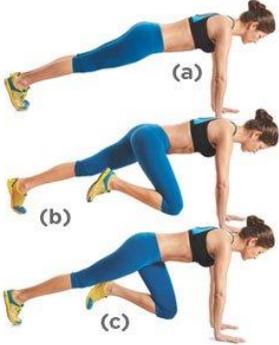


## STRATEGIES TO IMPROVE CARDIOVASCULAR ENDURANCE/P.A.C.E.R. TEST

Practice stationary exercises 4-5 times per week. Get all of your training done while watching your favorite TV show and doing 1 exercise during each commercial.

EXERCISE	DESCRIPTION	BEGINNER	INTERMEDIATE	ADVANCED
<p><b>Mountain Climbers</b></p> 	<p>Start in push up position, then alternate bringing one foot at a time forward towards armpit and then extending it back out.</p>	<p>Start slow.  Perform for 30 seconds. Rest and repeat.</p>	<p>Increase speed.  Perform for 30 seconds to one minute.  Rest and repeat.  See how many you can do in one minute. And then try to add more reps each time.</p>	<p>Increase speed.  Explode off of each foot when bringing knee into chest.  Perform for one minute.  Rest and add more reps.</p>
<p><b>Lunges</b></p> 	<p>Take a step, touch your back knee to the floor; make sure your flexed knee does not lean past the toes.</p>	<p>Remain stationary but take a step forward bending the back knee to the floor. Extend back leg and return to standing.  Lunge repeatedly on same leg. Then switch.  Alternate stepping forward and backward.  1-10 lunges, 3 times</p>	<p>Walking lunges  Take a step forward while dropping back knee to floor. Return to standing position and step forward with the alternate leg.  10 lunges, 3 times  Increase reps and sets as you progress.</p>	<p>Explosive lunges. Jump upon extending the knee.  Carry an object in each hand while performing walking lunges.  10 lunges, 3 times  Increase reps and sets as you progress.</p>
<p><b>Butt Kicks</b></p> 	<p>Keep back straight while alternating each heel toward the buttocks.  Arms at 90 degrees to maintain balance.</p>	<p>Begin slowly.  Perform butt kicks standing in place for 15-20 seconds.  Rest and repeat.</p>	<p>Increase speed.  Increase duration of butt kicks for 30-60 seconds, in place or while moving.  Rest and repeat.</p>	<p>Increase duration (more than one minute)  Increase distance (moving)  Increase sets  Rest and repeat.</p>

<p><b>Squats</b></p> 	<p>Place your feet shoulder width apart and perform deep knee bends as if you are sitting on a chair.</p> <p>Arms out in front of you for balance.</p> <p>Make sure your knees do not extend past the toes.</p>	<p>Begin slowly.</p> <p>1-10 lunges, 3 times</p>	<p>10 lunges, 3 times</p> <p>Increase reps and sets as you progress.</p>	<p>Explosive squat: Jump upon extending knees.</p> <p>10 lunges, 3 times</p> <p>Increase reps and sets as you progress.</p>
<p><b>High Knees</b> High Knees</p> 	<p>Maintain upright position while bringing knee up to waist high, alternate legs quickly.</p> <p>Arms move in a coordinated fashion as if running.</p>	<p>Perform high knees in place for 10-20 seconds.</p> <p>Rest and repeat.</p>	<p>Increase speed.</p> <p>Increase duration for 30-60 seconds, in place or while moving.</p> <p>Rest and repeat</p>	<p>Increase duration (more than one minute)</p> <p>Rest and repeat.</p>
<p><b>Interval Training</b></p> <p>Runners can go between running, jogging and walking for any set number of minutes and repeat the pattern. Intervals can be done over a set distance like around a track or gym.</p> <p>Run 1 minute, walk 1 minute. Add progressions when ready. Run 2 minutes, walk 1 minute. Run 3 minutes, walk 1 minute.</p> <p>Vary the running speed during timed intervals – jog, running, sprinting, etc.</p> <p>Gym – sprint the length of the court, jog the width when doing laps At home – use fire hydrants or light posts as markers to change speeds.</p>		<p><b>Distance Running</b></p> <p>Running workload includes volume (distance), intensity (speed or effort) and frequency (number of days a week). Distance runners need to run consistently to make progress.</p> <p>Start a running program with a low-volume, low-intensity plan and limit frequency to a couple of days per week.</p> <p>Progress to doing some form of endurance three to four days a week.</p> <p>Workload should increase over the duration of the program, but should remain appropriate for the individual runner.</p> <p>Check out the “Couch to 5K” app!</p>		

*Make running a habit. Follow a program but have fun while you train. Good nutrition and sleep are important when training!*

*It's not a race; it's called the P.A.C.E.R. test for a reason.*