



# Cardiovascular Endurance

# Option 1-

## Stair climb challenge

For this challenge you are going to virtually climb St Martha's Hill in Guildford.

The hill reaches a height of 574m which roughly equates to 3,520 steps (you can count going up and down).

If you don't have access to stairs you can do mountain climbers instead.



## Option 2- Distance run challenge

- For this challenge you need to run as far as you can in 15mins.
- Look at [www.openstreetmap.org](http://www.openstreetmap.org) and plan a route around your house. You could also use Strava or a smart watch to track your distance.
- How far did you run?



# Option 3- Skipping challenge

- Pick three of your favourite songs
- Complete the skipping rope challenge for each song. Try not to rest in between each exercise/song.
- If you don't have a skipping rope, complete the body weight alternative.



## Body Weight Challenge

### SONG ONE

60 seconds high knees  
15 reps plank jacks  
60 seconds high knees  
15 reps plank jacks

>Repeat until the end of the song <

### SONG TWO

8 jumping jacks  
8 press ups

>Repeat 3 times <

8 mountain climbers  
8 sit ups

>Repeat 3 times <

8 speed skaters  
8 dead bugs

>Repeat 3 times <

>Repeat until the end of the song <

### SONG THREE

15 seconds high knees  
15 seconds sprinting  
15 seconds easy jog

>Repeat until the end of the song <

## Skipping Challenge

### SONG ONE

60 seconds jumping rope  
15 reps plank jacks  
60 seconds jumping rope  
15 reps plank jacks

>Repeat until the end of the song <

### SONG TWO

8 counts jumping rope  
8 counts jumping rope with foot jacks

>Repeat 3 times <

8 counts jumping rope  
8 counts jumping rope with high knees

>Repeat 3 times <

8 counts jumping rope  
4 counts jumping rope right foot  
4 counts jumping rope with left foot

>Repeat 3 times <

>Repeat until the end of the song <

### SONG THREE

15 seconds jumping rope  
15 seconds jump rope sprint  
15 seconds easy jog

>Repeat until the end of the song <

- **How do you feel after your challenge?**
- **Why do you think that is?**





## **Cardiovascular Endurance:**

### ***Type of training to improve Cardiovascular endurance-***

Continuous / Fartlek training (exercise without rest periods)

### ***Benefit of good Cardiovascular endurance-***

Good Cardiovascular endurance allows the athlete to exercise the entire body for long periods of time.

### **Tests-**

12 minute Cooper run

Multi Stage Fitness Test

Cardiovascular endurance is the ability to continuously exercise without tiring.

The more oxygen that can be transported around the body the longer muscles can utilise or use this oxygen.

**TASK: Come up with your own Sporting example for Cardiovascular Endurance.**