

# HOW TO MASTER ENDURANCE TRAINING

CRUSH ENDURANCE WITH  
6 PROVEN METHODS



This is the foundation of endurance training. It refers to the body's ability to sustain low -to moderate- intensity exercise over a long period. It improves cardiovascular efficiency, oxygen uptake and energy production through aerobic metabolism.

# 1. AEROBIC ENDURANCE

**Examples:**  
Long-distance running, swimming, cycling



This involves the body's ability to sustain high-intensity efforts for shorter durations without relying primarily on oxygen. It improves the ability to tolerate lactic acid and delay fatigue during intense efforts.



## 2.

## ANAEROBIC ENDURANCE

### Examples:

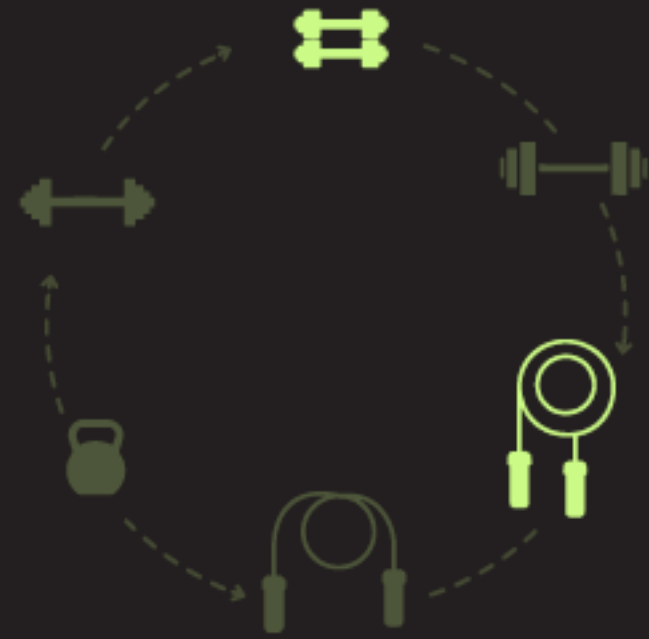
Sprint intervals,  
high-intensity interval  
training (HIIT),  
repeated short bursts



# 3. MUSCULAR ENDURANCE

## Examples:

Circuit training,  
bodyweight exercises,  
resistance training,  
with lighter weights  
and higher reps



Refers to the muscles' ability to perform repeated contractions over time without fatigue. It's crucial for sports and activities that require continuous effort.

This is the ability to maintain high speed for a prolonged period, useful in sports requiring sustained fast movements. It combines speed and anaerobic capacity.

## 4. SPEED ENDURANCE

**Examples:**  
Sprint drills, tempo runs, fartlek training



It blends muscular strength and endurance, allowing muscles to exert force repeatedly over time.

This is especially important for athletes in contact sports or those carrying loads.



# 5.

## STRENGTH ENDURANCE

**Examples:**

Functional training,  
loaded carries,  
high-rep weightlifting

# 6.

## MENTAL ENDURANCE (PSYCHOLOGICAL RESILIENCE)

### Examples:

Visualization, goal setting, meditation, practicing under simulated stress conditions.



Mental stamina plays a crucial role in long-duration events, helping individuals stay focused, motivated and resistant to fatigue and pain.