

LES MILLS

#ENDURANCE3

ACHIEVE YOUR GOALS IN
8 WEEKS

**Information Pack
+ Workout Guide**



GET SET TO IMPROVE ENDURANCE

Follow this workout guide and you'll focus on cardiovascular training to maximize overall heart and lung fitness. In just 8 weeks you'll feel fitter than ever!

YOU HAVE CHOSEN LEVEL 3

If working on your fitness is second nature and you love testing what your body is capable of, you'll thrive on the challenge this training guide provides. Developed for those who currently power through 3-4 vigorous workouts a week, this guide involves:

- 3.5 to 6 hours of training a week, spread across 5 to 7 workouts.
- 1 full day of rest per week.

THE BENEFITS OF FOLLOWING A PLAN CREATED BY EXPERTS:

- It makes life easy, there's less guesswork about what to do.
- Reduce injury risk with well-planned increases in intensity.
- Stay motivated knowing that you can successfully complete each week.

HOW TO GET THE MOST FROM THE NEXT 8 WEEKS:

- Keep enjoyment front of mind. Do not be too hard on yourself if you feel tired or unmotivated, it happens to everyone!
- Listen to your body. If you are feeling fatigued and need to take an extra rest day – take it! It's essential to listen and learn from your body.
- Try and hold back from doing more than your workout guide states – even if you are feeling energized and unstoppable, quality is better than quantity.
- Stay hydrated before and after training sessions and keep a water bottle with you during your workouts.
- Remember – the workout times are a guide only. We suggest you always start a group workout at the beginning of the class, work out for the duration recommended in the training guide and then leave when you please.

BEFORE YOU BEGIN:

- As with any new exercise routine it's a good idea to get cleared by a medical professional before you start.
- This plan is not recommended for anyone under the age of 18 years.

TIPS FOR SUCCESS

Keeping track of how regular exercise affects your emotions and energy levels is a great way to stay motivated. Consider taking the time after each session to note down how you are feeling.

Recording your measurements with a measuring tape is also a good idea – it won't take long for you to start seeing results.

Remember to celebrate the milestones you are achieving too, this will keep you motivated.

WELCOME TO YOUR NEXT 8 WEEKS

If you want to make the most of your next 8 weeks, planning is key. We suggest you personalize the training plan by recording the specific workouts that you intend to do. Simply write down the workouts you're planning to complete and then tick them off once you've done them.

Rather than scheduling the full eight weeks of exercise at the outset, it's a good idea to sit down at the beginning of each week and simply plan for the week ahead.

You'll find plenty of workout inspiration below. You can also check out your local club timetable or LES MILLS On Demand.

WORKOUT CATEGORIES

Cardio options

- BODYATTACK™ – High-energy functional sports training that boosts fitness and maximizes cardio stamina.
- BODYCOMBAT™ – A martial arts-inspired, non-contact workout that strengthens, tones, and fuels cardio fitness.
- BODYSTEP™ – A full-body cardio workout that builds stamina and tones your butt and thighs.
- E** • RPM™ – Indoor cycling that builds aerobic fitness and burns calories without putting stress on your joints.
- Brisk walking, running or cycling

Strength options

- E** • BODYPUMP™ – A full-body weights workout that builds strength and will get you lean, toned and fit.
- CXWORX™ – Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.

- LES MILLS BARRE™ – Modern balletic training designed to shape and tone muscles and build core strength.

Core strength

- CXWORX™ – Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.

Flexibility options

- E** • BODYBALANCE™/BODYFLOW® – A motivating blend of yoga, tai chi and Pilates that will strengthen your entire body and leave you feeling calm and centered.
- Yoga or Pilates

HIIT options

- LES MILLS GRIT™ – 30-minutes of high-intensity interval training that will send your heart rate sky high and rapidly build fitness.
- LES MILLS SPRINT™ – 30-minutes of high-intensity interval cycling designed to fast-track your fitness.

E This is a particularly good option for building endurance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	DAY 01 CARDIO 45-55 MIN	DAY 02 CARDIO 30 MIN	DAY 03 FLEXIBILITY 30 MIN	DAY 04 CARDIO 45-55 MIN	DAY 05 REST DAY	DAY 06 CORE STRENGTH 30 MIN	DAY 07 HIIT 30 MIN
	REST						
	My workout:	My workout:	My workout:	My workout:		My workout:	My workout:
	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
2	DAY 08 CARDIO 45-55 MIN	DAY 09 STRENGTH 45-55 MIN	DAY 10 CARDIO 45-55 MIN	DAY 11 REST DAY	DAY 12 STRENGTH 30 MIN	DAY 13 CARDIO 45-55 MIN	DAY 14 CARDIO 30 MIN
	REST						
	My workout:	My workout:	My workout:		My workout:	My workout:	My workout:
	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
3	DAY 15 REST	DAY 16 HIIT 30 MIN	DAY 17 CARDIO 30 MIN	DAY 18 FLEXIBILITY 55 MIN	DAY 19 REST DAY	DAY 20 CARDIO 45-55 MIN	DAY 21 HIIT 30 MIN
	STRENGTH 30 MIN						
	My workout:	My workout:	My workout:	My workout:		My workout:	My workout:
	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
4	DAY 22 CARDIO 45-55 MIN	DAY 23 STRENGTH 45-55 MIN	DAY 24 CARDIO 45-55 MIN	DAY 25 REST DAY	DAY 26 STRENGTH 45-55 MIN	DAY 27 HIIT 30 MIN	DAY 28 CARDIO 45-55 MIN
	FLEXIBILITY 30 MIN						
	My workout:	My workout:	My workout:		My workout:	My workout:	My workout:
	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
5	DAY 29 CARDIO 45-55 MIN	DAY 30 STRENGTH 45-55 MIN	DAY 31 HIIT 30 MIN	DAY 32 REST DAY	DAY 33 FLEXIBILITY 55 MIN	DAY 34 CARDIO 30 MIN	DAY 35 CARDIO 45-55 MIN
	REST						
	My workout:	My workout:	My workout:		My workout:	My workout:	My workout:
	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
6	DAY 36 REST DAY	DAY 37 STRENGTH 45-55 MIN	DAY 38 HIIT 30 MIN	DAY 39 REST DAY	DAY 40 STRENGTH 45-55 MIN	DAY 41 HIIT 30 MIN	DAY 42 CARDIO 45-55 MIN
		My workout:	My workout:		My workout:	My workout:	My workout:
		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
7	DAY 43 CARDIO 45-55 MIN	DAY 44 CARDIO 45-55 MIN	DAY 45 REST DAY	DAY 46 CORE STRENGTH 30 MIN	DAY 47 HIIT 30 MIN	DAY 48 CARDIO 45-55 MIN	DAY 49 CARDIO 45-55 MIN
	HIIT 30 MIN						
	My workout:	My workout:		My workout:	My workout:	My workout:	My workout:
	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
8	DAY 50 REST DAY	DAY 51 HIIT 30 MIN	DAY 52 CARDIO 45-55 MIN	DAY 53 FLEXIBILITY 55 MIN	DAY 54 STRENGTH 30 MIN	DAY 55 CARDIO 45-55 MIN	DAY 56 REST DAY
		My workout:	My workout:	My workout:	My workout:	My workout:	
		Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	