



The Endurance Series
2-Hour Training Lab

Presented by:



The Endurance Series: 2-hour Training Lab

Course Agenda:

- Introduction to the Endurance Series (15 minutes)
 - Purpose of the Endurance Series
 - Setting up the workout regimen
- Practical Lab #1: Introduction to new NOFFS movements
- Practical Lab #2: Endurance Series Workout
Phase 2, Day B, Stage B, 45 minutes

Attendees: Active-Duty, Dependents, DoD Civilians

Pre-Requisites: NOFFS Operational Training (highly recommended, but not required)

Equipment Needed: Hurdles, Cardio equipment (i.e. Spin bikes, rowers, ellipticals)

Instructor qualifications: NOFFS certified, Completion of NOFFS Virtual Training Course

Introduction to the Endurance Series:

- Using The Endurance Series handout provided, give basic overview of the program, including workout and training regimen layout.

Practical Lab #1: Introduction to new NOFFS movements:

- Teach new movements provided in Practical Applications worksheet
- Additional movements may be taught if time allows
- Ensure proper alignment, execution, and movement patterns for each new movement

Practical Lab #2: Endurance Series Workout

- Teach Phase 2, Day B, Stage B, 45 minute workout in the Endurance Series (see Endurance Series book or download at www.navyfitness.org)
- Choose cardio equipment depending on class size and equipment availability. A combination of different equipment can be used (i.e. spin bike, ellipticals, and rowers)

Post-Course Action: Provide attendance numbers and feedback (if available) to CNIC.

Navy Operational Fitness and Fueling System:

The Endurance Series Overview

The Endurance Series focuses on developing cardiovascular fitness while providing training methods to improve muscular strength. Frequently, endurance training enthusiasts focus on cardiovascular conditioning, neglecting complimentary components necessary for a well-balanced program, which places a great deal of stress on the body and, over time, can lead to training plateaus or injury. The workouts in this series are designed to assist with breaking through those training plateaus while decreasing injuries. To achieve this, we have also included additional training components in conjunction with cardiovascular training that are vital to your sustained success with endurance activities, including: Pillar Prep, Movement Prep, Strength, and Plyometrics.

Pillar Prep, Movement Prep, Strength, and Plyometrics aid the user in establishing the necessary balance between mobility and stability. They also help to develop the fundamental levels of strength and power required to withstand the stress placed on the body's musculoskeletal system. Although these components can be completed separately, together they will provide the training needed to improve your performance.

The six phases of training progressively develop both the aerobic and anaerobic energy systems, effectively enhancing one's ability to cover a greater distance or total volume of work at a faster pace. Each phase will include up to 12 sessions and cycle you through high, moderate, and low intensity training days, giving you the flexibility to easily adapt your training to fit your schedule.

How to Set Up Your Schedule

1. Each phase in this series has 2 training days, Workout A and Workout B.
2. Complete 3 to 4 training sessions per week, alternating between Workout A and Workout B.
3. Aim for no more than 2 consecutive training days each week. For example, if you do Workout A on Monday and Workout B on Tuesday, Wednesday should be a recovery day.
4. Add a recovery day to break up more than 2 consecutive training days and give your body the rest it needs to perform more efficiently. Recovery days can include a combination of light activity, stretching, low-intensity cardio, and massage.

Workout Duration

Each workout has three duration options: 45 minutes, 60 minutes, 75 minutes

If the movements in these workouts are new to you, it may take longer than the duration specified to complete your workouts. As you become familiar with the movements, you will be able to complete them in the allotted time.

How the Stages Work:

Each phase in the Endurance Series has 3 progressive stages across Pillar Prep, Movement Prep, and Strength. As you advance through the stages, you will notice that the repetitions, time, or number of circuits you perform may change. Advance to the next stage of training after every 4 workouts-this means after you have completed Workout A and Workout B twice (ABAB). Once you complete the final stage in the phase, progress to the next phase.

SAMPLE 3-WEEK SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A	Workout B	Recovery	Workout A	Workout B	Rest or light activity	Rest or light activity
Workout A	Rest or light activity	Workout B	Rest or light activity	Workout A	Rest or light activity	Rest or light activity
Workout B	Rest or light activity	Workout A	Workout B	Recovery	Rest or light activity	Workout A




The Advantage of Recovery





When it comes to recovery, endurance athletes are a notoriously stubborn bunch, preferring to push forward with tough workouts day after day. While such a work ethic is admirable, it is impossible to go all-out all of the time. You will not train as effectively and you will likely break down with injuries and ailments. On the other hand, if you can focus on having high-quality rest and regeneration, you will be able to get more return on investment from every minute of your workout.






Regeneration increases your energy, boosts your immune system, and helps you get the most out of each training session, which ultimately will improve your performance. So, when setting up your schedule, remember to schedule recovery days to break up the grind of hard training. Still want to run on your recovery day? We hear you. Just remember to take it easy. Your recovery is for low-intensity cardio. These workouts should consist of easy intervals. And if you are a runner, why not mix it up and go for a swim or bike ride? Same principle applies for any endurance athlete-that is, choose an activity or surface that will reduce the impact on your body. You will recover faster and perform better when it matters most.




Navy Operational Fitness and Fueling System: The Endurance Series Practical Applications




Exercise	Description	Picture
Planks Walking	<ul style="list-style-type: none"> • Start in a push-up position with feet close together • Keeping torso stable, walk feet backwards with small steps as arms extend overhead • Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up 	
Shoulder Stretch-Sidelying	<ul style="list-style-type: none"> • Lie on your side with bottom arm perpendicular to your torso and bent 90 degrees • Rotate hand toward the ground as far as possible, then gently use your other hand to rotate farther • Hold for 2 seconds, relax, and return to starting position • Complete set on one side before repeating on other 	
Thoracic Rotation w/heel sit	<ul style="list-style-type: none"> • Kneel with one hand behind head, the other in front of you, sitting back on heels • Inhale as you lift bent arm toward the ceiling by 	


	<ul style="list-style-type: none"> rotating chest and shoulders Exhale, hold for 2 seconds, and return to starting position Complete set on one side before repeating on the other 	
Lat Stretch-supine	<ul style="list-style-type: none"> Lie faceup with knees bent, heels on the ground, hands in front of your face, elbows bent 90 degrees, and forearms close Keeping palms facing down, lift your hands over your head Hold for 2 to 3 seconds, relax, and return to starting position 	
Deep Squat to Hamstring stretch	<ul style="list-style-type: none"> Stand with feet wide and toes slightly out Bend at the waist to grab toes Drop into deep squat with straight arms, elbows inside knees and chest up Raise hips and straighten knees until you feel a stretch in back of legs 	

	<ul style="list-style-type: none"> • Hold for 1 to 2 seconds 	
Handwalk	<ul style="list-style-type: none"> • Stand with your legs straight and hands on the ground in front of you • Keeping legs straight and stomach tight throughout movement, walk your hands forward • Walk your feet back up to your hands to complete 1 rep 	 
Linear March	<ul style="list-style-type: none"> • Stand tall, arms at your sides, elbows bent 90 degrees • March forward lifting one knee up as you drive same side arm forward, opposite arm back • Drive your foot down and repeat the move, lifting opposite knee and switching arms • Continue marching for 10 yards to complete 1 rep 	
Linear Skip	<ul style="list-style-type: none"> • Begin skipping by lifting one knee up while you bring same side arm forward, opposite arm back 	

	<ul style="list-style-type: none"> • Drive your foot down, generating a double contact, as opposite foot and knee lift and arms switch • Repeat on opposite side and continue skipping for 10 yards to complete 1 rep 	
Rotational Squat Dynamic	<ul style="list-style-type: none"> • Stand tall with hands clasped in front of chest • Rotate shoulders and hips to one side as you squat hips back and down • When thighs are close to parallel to the floor, push through hips and return to starting position • Repeat in opposite direction to complete 1 rep 	 
Drop Squat	<ul style="list-style-type: none"> • Stand tall with arms bent 90 degrees, forearms pointed out • Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees and pushing hips back • Stand and return to the starting position • Move with speed and stick the landing 	 
Drop Squat- 2 to 1	<ul style="list-style-type: none"> • Stand tall with arms bent 90 degrees, forearms 	

	<p>pointed out</p> <ul style="list-style-type: none"> • Lift feet slightly off the floor, throw elbows back, and drop into a single-leg squat, bending knees and pushing hips back • Complete the set on one leg before repeating on the other • Move with speed and stick the landing 	
Lateral Bound-Stabilize	<ul style="list-style-type: none"> • Standing with hips and knees slightly bent, bound to one side, generating force with arms • Land softly on opposite leg and hold for 3 seconds • Stand and repeat move in opposite direction to complete 1 rep 	
Lateral Bound-Quick and Stabilize	<ul style="list-style-type: none"> • Standing with hips and knees slightly bent, bound to one side by extending hip, knee, and ankle • Land on opposite leg and without pausing, bound in opposite direction • Land softly and hold for 3 seconds 	

	<ul style="list-style-type: none"> Complete the set on one side before repeating on other 	
Linear Hop- Continuous	<ul style="list-style-type: none"> Stand in front of a line of hurdles balancing on one leg Using arms and hips to generate force, hop over the first hurdle Land on same leg and, without pausing, continue over remaining hurdles Switch legs and repeat in opposite direction to complete 1 rep 	
Linear Hop- Double Contact to Stabilize	<ul style="list-style-type: none"> Stand in front of a line of hurdles balancing on one leg Using arms and hips to generate force, bounce on your takeoff foot to preload and hop over the first hurdle Land on same leg and repeat move over remaining hurdles Switch legs and repeat in opposite direction to complete 1 rep 	

<p>Squat Jump- Countermovement to Stabilize</p>	<ul style="list-style-type: none"> • Stand with feet slightly wider than shoulder-width apart, hands behind head • Sit down into a squat and immediately jump, extending your hips • Land softly in a squat and reset to starting position 	
<p>Squat Jump- Non Countermovement to Stabilize</p>	<ul style="list-style-type: none"> • Sit back and down into a squat with feet slightly wider than shoulder-width apart, hands behind head • Jump up, extending hips • Land softly in a squat position, hold for 3 seconds, and begin the next rep 	