Aerobic endurance training

Aerobic endurance training requires the sports performer to work for an extended period of time, often longer than the actual event for which he or she is training. For example, Paula Radcliffe will often train upwards of four hours at a time, even though her event (the marathon) is usually over in less than two-and-a-half hours.

Aerobic endurance training should take place largely in the aerobic training zone of the training pyramid and the work-to-rest ratio should be in the region of 3:1. This means that if you work for 30 minutes you should follow it with a ten-minute rest and then repeat the session again. There are four types of endurance training:

- Continuous training
- Fartlek training
- Interval training
- Circuit training

You are going to take part in an aerobic endurance training session. After the session, summarize it in the space below:

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