

4-Week Zone 3 Training Program to Build Endurance

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Check out [article](#) for more info

Performing aerobic exercises at 65-80% of the maximum heart rate (MHR) is considered Zone 3 cardio.

Its primary goals are to maximize endurance, build up mental toughness, [encourage fat loss](#), maintain a healthy heart, and prepare for [high-intensity training](#).

This program involves workouts for all fitness enthusiasts, whether you train at home, in the gym, or outdoors.

It will have three sessions per week, each lasting 30 minutes.

Professional Tip: If you can't maintain the intensity for the period outlined in this program, I recommend splitting the exercise duration into multiple rounds.

Warm-up: I also suggest performing steady cardio for the first few minutes before starting your main workout.

Monday

At The Gym

- 12-minute Treadmill @65-75% kmph
- 6-minute Stationary Bike @65% MHR
- 6-minute Elliptical Trainer @65% MHR
- 6-minute Rowing Machine @65-75% MHR

At Home

- 15-second Jumping Jacks
- 15-second Mountain Climber
- 10 Squat Jacks
- 20 Shoulder Taps (10 per side)
- 20 High Knee Taps (10 per side)
- 10-12 Push-ups
- 2-minute rest
- Perform as many rounds as possible in 30 minutes.

Outdoor

- Running
- Stationary Biking
- Jumping Rope
- Swimming
- Do all or some exercises for 30 minutes.

Wednesday

At The Gym

- 12-minute Treadmill @65-75%
- 6-minute Stationary Bike @65%
- 6-minute Elliptical Trainer @65%
- 6-minute Punching Bag @65-75%
- 4-minute Battle Rope Waves @70-80%

At Home

- 5-6 Burpees
- 15-second Crossbody Mountain Climber
- 6-8 [Squat – Roll – Squat](#)
- 12 Standing Cross Knee to Elbow (6 per side)
- 10 Jumping Lunges (5 reps per leg)
- 12 [Snowboard Hops](#) (6 reps per side)
- 2-minute rest
- Perform as many rounds as possible in 30 minutes.

Outdoor

- Running
- Stationary Biking
- Jumping Rope
- Swimming
- Do all or some exercises for 30 minutes.

Friday

At The Gym

- 10-minute Treadmill @65-75% kmph
- 5-minute Stationary Bike @65% MHR
- 10-minute Rowing Machine/Sled Training @65% MHR
- 100 Wall Ball Shots @65-75% MHR

At Home

- 15-second Ankle Hops
- 15-second Jumping Jacks
- 15-second Mountain Climber
- 20 Shoulder Taps (10 per side)
- 10 Criss Cross Squat Jacks
- 15-second [Side Drills](#)
- 2-minute rest
- Perform as many rounds as possible in 30 minutes.

Outdoor

- Running
- Stationary Biking
- Jumping Rope
- Swimming
- Do all or some exercises for 30 minutes.