

Fitness

Endurance Challenge: Cardiovascular Endurance



The
exceed
Sport Programme

Objective:

To Improve your Cardiovascular Endurance

Definition:

Cardiovascular Endurance: This is the ability of the body to deliver oxygen and nutrients to the working muscles. The better your cardiovascular fitness the longer you can exercise.

Challenge:

Choose one of the following activities to complete and let us know how you get on. These activities can also be found on our Instagram [appletonacademysports!!](#)

Bronze

Walk for 20 minutes

OR

Run for 10 minutes

OR

Cycle for 20 minutes

Silver

Walk for 40 minutes

OR

Run for 20 minutes

OR

Cycle for 40 minutes

GOLD

Walk for 60 minutes

OR

Run for 30 minutes

OR

Cycle for 60 minutes

