

Fitness Component Examples



F: 4 to 5 days a week

I: 8

T: 5-7 repetitions of a set on DAREBEE workout

T: Muscular endurance



F: 3 to 4 days a week (I'm try to run more now that it's getting nice again)

I: 8-9

T: 15-20 minutes routes

T: Cardiovascular Fitness