

## Endurance Training for Fitness Competitions, Competitive Aerobics or Gymnastics

The endurance required for fitness competitions or sport aerobics is **Anaerobic Endurance**. The competition routine lasts about 2 minutes. The anaerobic nature of routines must be considered in training, your preparation should correspond to the needs of the competition routine.

The anaerobic endurance is built on the aerobic base. In the basic conditioning period the different forms of aerobics are an excellent way to improve aerobic fitness. Low intensity jogging, bicycling or rowing are suitable ways to train endurance in the off season.

As the competition period approaches, the aerobic training transforms into the interval training. There are two ways to prepare to the competition routine:

- to improve the fitness by doing competition routines (maybe not the final versions), in other words the routine training is an endurance training method
- to develop the condition with the interval training, the routines are executed only when all the different elements are learned and finished

With both of these methods it is possible to reach the top. The use of routines is a safe way to be sure that the training stresses the right parts of the body, the correlation between training and competing is strong. The interval-method makes the training more effective; with this method the bad-quality execution of the elements is avoided.

One part of the endurance training is improving muscle endurance. The muscle endurance training is located between endurance training and strength training. Circuit-type training, especially with fitness competitions and competitive aerobics -elements, is an extraordinary way of improving muscle endurance.

One way of preparing to meet the demands of the full routine, is to build a 2 minute "routine" of simple movements, in which the tempo is the same (or faster) as your routine. In the endurance training it is useful to know the following heart-rate -values:

- the maximal heart-rate
- the resting heart-rate
- the aerobic threshold HR
- the anaerobic threshold HR

With this information of the rates and with a heart-rate monitor the endurance training can be guided to effect the right functions of the body and increase endurance and your performance.

*Train with desire, desire to be better tomorrow than you are today.*

