



Advertisement

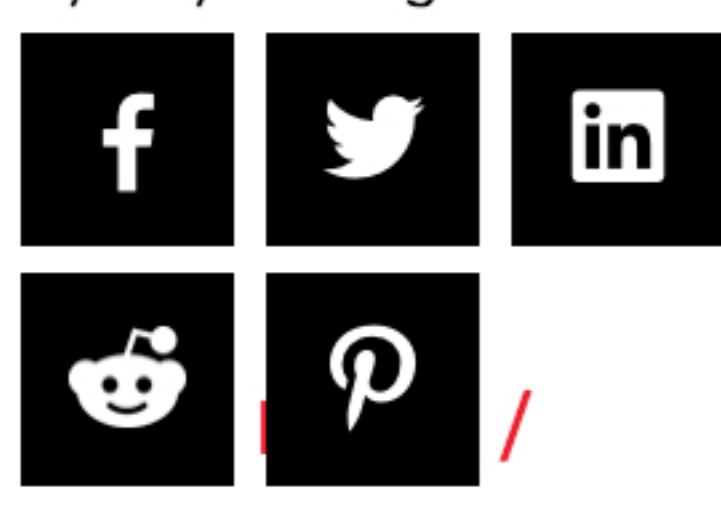
HEALTH & FITNESS

The 10 Best CrossFit Workouts to Improve Your Endurance



Hero Images/Getty Images

by Alyssa Ages



Mark Wahlberg Is Absolutely Shredded in His Latest Instagram Post. Here's How He Does It

The Best Activated Charcoal Products Available on Amazon

This Bowflex Kettlebell Is Six Weights in One

10 CrossFit Games Athletes Share Their Favorite WODs

The 13 Best Gym Earbuds—Budget, and Beyond

Can't Miss This Deal: The SodaStream Fizzi Is \$26 Off

[All Stories →](#)

If you want to build endurance and stamina, you should probably just go run or bike for a really, really long time, right? Sorry, but no.

If you're training for a marathon, triathlon, or century ride, that's part of it, sure, but there's more to the equation.

To stay strong longer on a race course (or just in your regular workout life) two factors come into play: VO2 max and lactate threshold. Workouts like CrossFit WODs, performed at high intensity (better known as HIIT or high-intensity interval training) help boost both. That might explain why your Instagram feed is packed with images of sweaty shirtless people collapsed on the floor next to barbells.

To really kick your endurance up a notch, the following workouts should be performed keeping the following factors in mind:

*Aim for little to no rest between sets or rounds

*Use a weight that's 50-70% of your 1 rep max for a given exercise

WOD 1: Row

Start here with a baseline row. If you're new to rowing, go for a 1k row. Record your time and after you've worked with an endurance program for a month, come back to the 1k row and see if you're time has improved. If you've already been rowing, try the 5k row. Remember your pace will have to be a bit slower than with the 1k to avoid burning out.

Remember to initiate the pull with your legs, extend using your core, and finally finish the pull using your arms. The recovery phase begins with your arms first, followed by your core, then the bending of your legs. Take powerful, strong pulls, and a slow measured recovery.

WOD 2: 20-minute AMRAP

Complete the following for as many rounds as possible in 20 minutes.

10 burpees

20 wall balls

250m row

WOD 3: 8 rounds for time

Complete:

10 barbell thrusters

8 pul-ups

50 double-unders (if you don't have double-unders, aim for alternating two singles and one double)

WOD 4: 20-minute EMOM

EMOM stands for every minute on the minute. Begin with the first exercise on minute 1. Finish all the reps and rest for the remainder of the minute. At the start of minute 2, begin the next exercise and rest for the remainder of that minute. Continue alternating for 20 minutes.

Even minute: 10 Russian kettlebell swings

Odd minute: 8 back squats

WOD 5: Race-the-clock

Set a 15-minute time cap to complete:

400m run

20 wall balls

30 burpees

40 box jumps

400m run

WOD 6: 20-minute AMRAP

Complete as many reps as possible of the following exercises in 20 minutes:

200m sprint run

8 barbell thrusters

10 toes-to-bar

WOD 7: 6-round circuit

250m row

10 dumbbell snatches (per side)

10 kettlebell goblet squats

15 v-ups

WOD 8: 15-minute EMOM

Every minute on the minute, for 15 minutes, complete:

Minute 1: 5 power cleans

Minute 2: 5 overhead press (clean once)

Minute 3: 15 pushups

WOD 9: 25-minute AMRAP

Complete as many reps as possible of the following in 25 minutes.

10 front squats

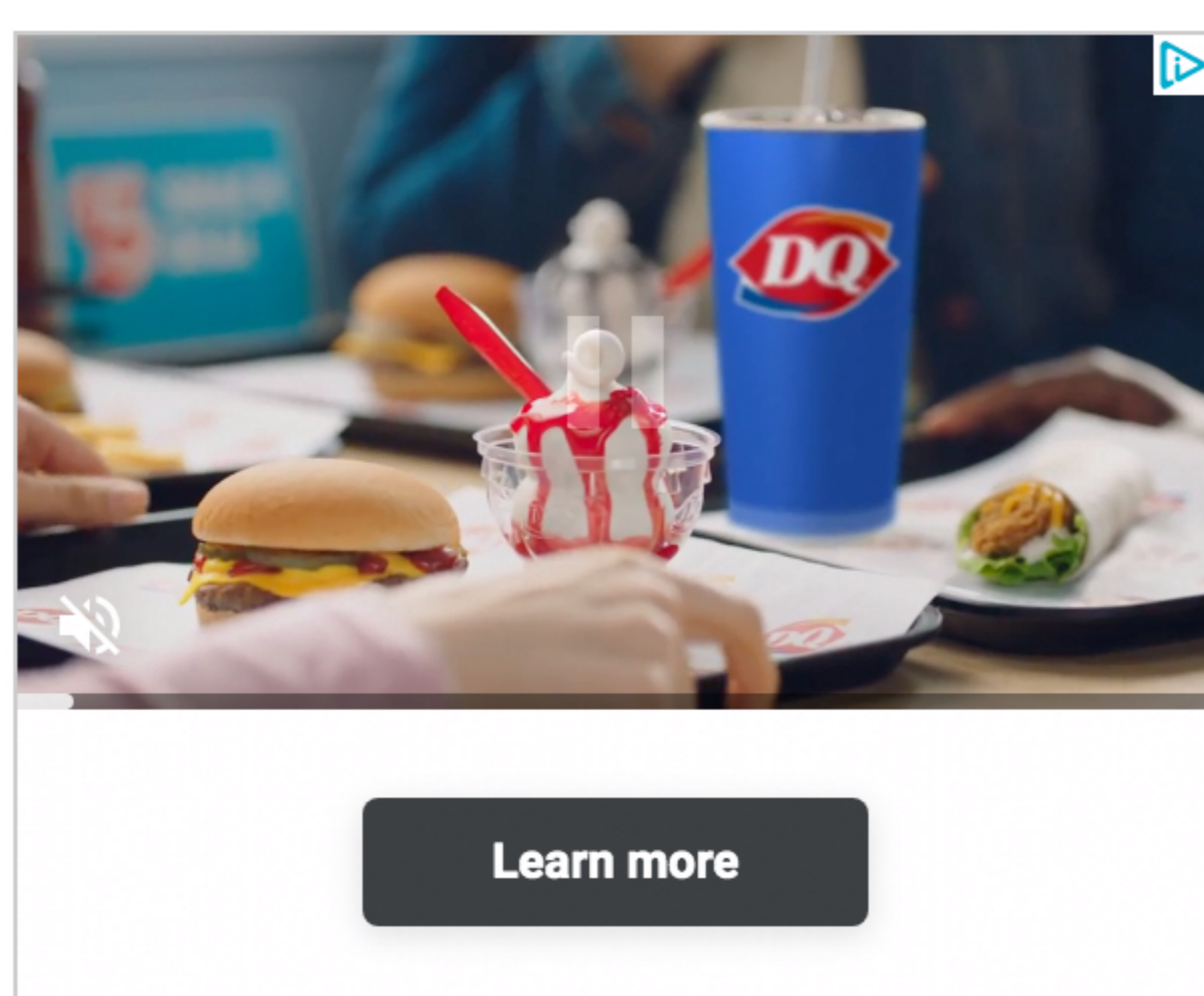
10 burpee box jumps (perform a burpee and finish with a box jump)

20 weighted situps

WOD 10: Karen

How has your endurance training gone so far? Give it a test with one of the most-dreaded benchmark workouts in CrossFit: Karen.

150 wall balls for time (20lb wall ball)



Advertisement



Advertisement

Christian Bale's 7 Most



Previous

Next

AROUND THE WEB

Melania Trump's Transformation is Nothing Short of Stunning [TheList.com](#)

Madonna's Daughter is 22 Now and Head-Turningly Gorgeous [NickiSwift.com](#)

The Important Detail Everyone Missed in This Pic of Baby Archie [PureWow.com](#)

Powered By ZergNet



Advertisement