

Endurance Training Program - 10 weeks

Week 1-2:

	Method	Duration	Intensity
1	Easy Running	30min	60%
2	Easy Running	30min	60%
3	Regeneration	20min (run/bike/swim)	40-50%
4 (optional)	Easy running	30min	60%

Week 3-4:

	Method	Duration	Intensity
1	Easy Running	40min	60%
2	Running	35min	70%
3	Regeneration	20min (run/bike/swim)	40-50%
4 (optional)	Easy running	40min	60%

Week 5+6:

	Method	Duration	Intensity
1	Long Intervals	4min fast running/4min slow running; 6 rounds	80%/60%
2	Regeneration	20min (run/bike/swim)	40-50%
3	Easy Running	35min	60%
4 (optional)	Long Intervals	4min fast running/4min slow running; 6 rounds	80%/60%

Week 7:

	Method	Duration	Intensity
1	Interval running	2min fast running/2min slow running; 10 rounds	80%/60%
2	Regeneration	20min (run/bike/swim)	40-50%
3	Running	35min	70%
4 (optional)	Easy Running	30min	60%

Week 8:

	Method	Duration	Intensity
1	Interval running	1min fast running/2-3min break; 10 rounds	90%
2	Regeneration	20min (run/bike/swim)	40-50%
3	Running	40min	70%
4 (optional)	Regeneration	20min (run/bike/swim)	40-50%

Week 9:

	Method	Duration	Intensity
1	Interval running	5 x 30sec sprint/1min break; 4 rounds, 4 min break in between rounds	100%
2	Regeneration	20min (run/bike/swim)	40-50%
3	Running	45min	70%
4 (optional)	Regeneration	20min (run/bike/swim)	40-50%

Week 10:

	Method	Duration	Intensity
1	Multi shuttle on court	10 x 10sec on court/20sec break; 3 rounds, 3 min break in between rounds	100%
2	Regeneration	20min (run/bike/swim)	40-50%
3	Running	45min	70%
4 (optional)	Regeneration	20min (run/bike/swim)	40-50%

Explanation:

This is a 10 week summer endurance program, specifically for badminton players with 3 to 4 endurance sessions per week. Try always to go through each week in the given order (1->2->3->4) and have at least one rest day in between each session, except the regeneration sessions. They can be done the day after and/or before another session and also count as "rest days".

The intervals in week 5+6 and in week 7 have no real rest, but you should always keep running but in a slow pace so your body gets used to regenerate, even though it is in motion. In week 8, 9 and 10 you have a normal rest in between each interval.

Intensity:

It is difficult to measure and set the intensity for endurance sessions so try to use your subjective view on how intense each run/interval feels for you. Here two benchmarks, that can be helpful for you: Everything under 50% should be very relaxed and not put any stress on your body (you should not feel exhausted/out of breath after the regeneration runs). Up to 70% you should still be able to talk with someone during your run. 100% means you should go all out/as fast as you can for the given time.

Two more important things:

This plan is designed for a training period with almost no intense training sessions on court. If you also train on court during those weeks, you should leave out running sessions, so you still give your body time to regenerate. If you have to prioritize then always start by leaving out the 4th session, then the 3rd, and so on.

Especially the second half of the plan gets really intense, so it is not suited for untrained athletes. Make sure that you only train when you are a 100% healthy and fit or go and see a doctor for a medical check before you start the training program.