FITNESS TRAINING PLAN FOR BEGINNERS

YOUR INTRODUCTION TO FITNESS AND ENDURANCE – 4-WEEK PLAN

Regular physical activity supports cardiovascular health, improves physical fitness and can contribute to greater well-being in everyday life. Beginners should increase their training load gradually and allow sufficient time for recovery.

This four-week beginner plan from Drachensang Academy combines gentle endurance exercise, simple strength movements and active recovery. The aim is to establish basic fitness and help your body adapt to regular activity step by step.

The suggested durations are guidelines. If you have not exercised much recently, begin with shorter sessions and build up according to your individual capabilities.

PHASE 1 – WEEKS 1–2: BUILDING THE FOUNDATIONS

MONDAY – GENTLE ENDURANCE TRAINING

20–30 minutes of brisk walking or easy jogging, alternating with walking breaks. Choose a pace at which you can still hold a conversation.

Training goal: Become accustomed to regular endurance activity and improve aerobic fitness.

TUESDAY – ACTIVE RECOVERY

A relaxed walk or 10–15 minutes of gentle mobility and stretching exercises. Take a full rest day if needed.

Training goal: Support recovery and maintain mobility.

WEDNESDAY – CYCLING AND CORE TRAINING

Cycle outdoors or use an stationary bike for 15·20 minutes at a moderate effort. Add 5·10 minutes of gentle abdominal and core exercises, such as a short forearm plank, bird dog or controlled abdominal movements.

Training goal: Combine low-impact endurance activity with core strengthening.

THURSDAY – REST DAY

Take a break from training to recover. Gentle everyday movement is fine.

Training goal: Recovery.

PHASE 1 – WEEKS 1–2 (CONTINUED)

FRIDAY – GENTLE INTERVAL TRAINING

Alternate 1 minute of brisk walking with 2 minutes of easy walking for 6–8 rounds. Alternatively, use an exercise bike. Start with a 5-minute warm-up and finish with a few minutes of easy walking. Avoid maximal sprints.

Training goal: Gradually improve endurance and become familiar with changing effort levels.

SATURDAY – ACTIVE RECOVERY

30–45 minutes of relaxed walking, easy swimming or gentle cycling. Reduce the duration if needed.

Training goal: Stay active without placing high demands on your body.

SUNDAY – REST DAY

Take a break to recover and prepare for the following training week.

Training goal: Recovery.

PHASE 2 – WEEKS 3–4: IMPROVING ENDURANCE AND STRENGTH

Increase the training load cautiously, and only if you tolerated the first two weeks well and are recovering sufficiently.

MONDAY – LONGER ENDURANCE SESSION

30–40 minutes of brisk walking, easy jogging or a combination of the two.

Training goal: Improve endurance progressively.

TUESDAY – FULL-BODY BODYWEIGHT TRAINING

Squats: 2·3 × 8·12; push-ups against a wall, on an incline or on the floor: 2·3 × 6·12; forearm plank: 2·3 × 15·30 seconds. Perform each movement slowly and with control.

Training goal: Strengthen major muscle groups and improve stability.

WEDNESDAY – MODERATE ENDURANCE TRAINING

20·30 minutes of cycling, stationary bike or elliptical trainer at a steady, moderate intensity.

Training goal: Develop basic aerobic fitness.

THURSDAY – REST DAY

Take a complete rest day or do gentle mobility work, depending on your recovery needs.

Training goal: Recovery.

PHASE 2 – WEEKS 3–4 (CONTINUED)

FRIDAY – BEGINNER INTERVAL TRAINING

Alternate 2 minutes of brisk walking or moderate cycling with 2 minutes of slower walking or easy cycling for 6–8 rounds. Keep the effort manageable.

Training goal: Improve endurance through alternating moderate-intensity efforts.

SATURDAY – LONGER ENDURANCE SESSION

40–60 minutes of easy walking, hiking, swimming or cycling. Shorten the session or take breaks if needed.

Training goal: Gradually extend the duration of activity.

SUNDAY – REST DAY

Allow time for recovery and review your progress during the week.

Training goal: Recovery.

IMPORTANT TRAINING GUIDELINES FOR BEGINNERS

Warm-up: Start each session with around 5–10 minutes of light movement, then increase your effort gradually.

Personal intensity: Initially, exercise mainly at a pace that still allows you to talk.

Hydration: Drink according to your needs. Longer sessions and hot weather may increase fluid requirements.

Gradual progression: Avoid making large increases in duration, intensity and volume at the same time.

Recovery: Rest days matter. Prioritize sleep and adjust training if you experience persistent fatigue or discomfort.

Strength work: Simple exercises for the legs, back, chest and core can improve overall fitness. In the longer term, aim for at least two strength-training sessions each week.

Safety: If you have cardiovascular disease, significant limitations or concerns, seek medical advice before starting. Stop exercising immediately if you experience chest pain, dizziness or unusual breathlessness.

WHICH ENDURANCE ACTIVITIES SUIT BEGINNERS?

Brisk walking: An accessible introduction to regular endurance exercise.

Easy jogging: Suitable once you have developed sufficient basic endurance.

Swimming: A low-impact option for the joints.

Cycling or stationary bike: Allows you to control the level of effort.

Rowing machine: Works several muscle groups; controlled technique is important.

Hiking: Endurance activity in the open air.

Jump rope: A more intense option for later, once your fitness and coordination have improved.

WHAT HAPPENS AFTER THE FIRST FOUR WEEKS?

After four weeks, you will have begun building a foundation for regular endurance and fitness training. Your rate of progress depends on your starting fitness, training frequency and recovery.

Gradually extend your sessions, add strength exercises or increase your endurance training step by step. The workload should suit your current fitness level.

CONCLUSION – IMPROVE FITNESS THROUGH CONSISTENCY

A structured four-week plan makes it easier to establish a regular exercise routine. Endurance work, simple strength exercises and recovery can help improve fitness progressively.

What matters most is not how hard you train on the first day, but how consistently you stay active over time.

Further reading: Fitness · Advanced fitness training · Recovery

TRAINING DIARY – WEEK 1

From: _____ To: _____

Record your actual training duration, effort and how you felt. Include rest and recovery days.

Day / session	Duration / volume	Effort (1–10)	Notes / well-being
Monday – Gentle endurance training			
Tuesday – Active recovery			
Wednesday – Cycling and core training			
Thursday – Rest day			
Friday – Gentle interval training			
Saturday – Active recovery			
Sunday – Rest day			

MY PROGRESS AND NOTES

TRAINING DIARY – WEEK 2

From: _____ To: _____

Record your actual training duration, effort and how you felt. Include rest and recovery days.

Day / session	Duration / volume	Effort (1–10)	Notes / well-being
Monday – Gentle endurance training			
Tuesday – Active recovery			
Wednesday – Cycling and core training			
Thursday – Rest day			
Friday – Gentle interval training			
Saturday – Active recovery			
Sunday – Rest day			

MY PROGRESS AND NOTES

TRAINING DIARY – WEEK 3

From: _____ To: _____

Record your actual training duration, effort and how you felt. Include rest and recovery days.

Day / session	Duration / volume	Effort (1–10)	Notes / well-being
Monday – Longer endurance session			
Tuesday – Full-body bodyweight training			
Wednesday – Moderate endurance training			
Thursday – Rest day			
Friday – Beginner interval training			
Saturday – Longer endurance session			
Sunday – Rest day			

MY PROGRESS AND NOTES

TRAINING DIARY – WEEK 4

From: _____ To: _____

Record your actual training duration, effort and how you felt. Include rest and recovery days.

Day / session	Duration / volume	Effort (1–10)	Notes / well-being
Monday – Longer endurance session			
Tuesday – Full-body bodyweight training			
Wednesday – Moderate endurance training			
Thursday – Rest day			
Friday – Beginner interval training			
Saturday – Longer endurance session			
Sunday – Rest day			

MY PROGRESS AND NOTES