

# Benefits of Endurance Training

## **Cardiorespiratory System**

### ***Increases***

Heart size and volume  
Blood volume and total hemoglobin  
Stroke volume-rest and exercise  
Cardio output-maximum  
VO<sub>2</sub> max  
Oxygen extraction from blood  
Lung volumes

## **Musculoskeletal System**

### ***Increases***

Mitochondria-number and size  
Myoglobin stores  
Triglyceride stores  
Oxidative phosphorylation

## **Other Systems**

### ***Increases***

Strength of connective tissues  
Heat acclimatization  
High-density lipoprotein cholesterol

### ***Decreases***

Resting heart rate  
Submaximal exercise heart rate  
Blood pressure (if high)



### ***Decreases***

Body weight (if overweight)  
Body fat  
Total cholesterol  
Low-density lipoprotein cholesterol

# Endurance Training Guide To Running

**CO Houle**



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