

Explain why cardiovascular endurance is vital for military personnel. Discuss how it impacts mission success and overall soldier readiness. Identify and describe various cardio exercises suitable for military training (e.g., running, swimming, rucking). Define and explain different training methods (Steady-state, interval, Fartlek, circuit...) and discuss how each method can be adapted for military fitness and their specific benefits. Detail strategies for progressing and periodizing cardiovascular training for military personnel. Explain how to adapt training based on individual fitness levels and mission requirements.