

# WENDY MARVELL WORKOUT ROUTINE



Bonus PDF File  
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# WENDY MARVELL WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be training with endurance training first and foremost – so your most important days are your long distance days – but your HIIT training and interval training are nearly as important to work on tempo speed and stamina as well so do your best to get all five days in if possible!

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.

## Wendy Marvell Workout Routine: Sample Workout Schedule

**Monday:** Sky Dragon Slayer Long Distance Endurance

**Tuesday:** Healing Magic High Intensity Interval Training

**Wednesday:** Sky Dragon Slayer Long Distance Endurance

**Thursday:** Support Spells Cross-Training HIIT

**Friday:** Sky Dragon Slayer Long Distance Endurance

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Wendy Marvell Workout Routine: Sky Dragon Slayer Long Distance Endurance**

**For your long distance endurance training you're going to be utilizing the same training style each day, but working your way up over time.**

*For this we'll be basing it on your overall fitness level.*

### **Day One Running Requirement:**

**Beginner:** 1-3 Miles

**Intermediate:** 3-5 Miles

**Advanced:** 5+ Miles

### **Day Two Running Requirement:**

**Beginner:** 3 Miles

**Intermediate:** 5 Miles

**Advanced:** 7 Miles

### **Day Three Running Requirement:**

**Beginner:** 1.5 Miles

**Intermediate:** 3 Miles

**Advanced:** 5 Miles

## **Wendy Marvell Workout Routine: Healing Magic High Intensity Interval Training**

### **High Intensity Interval Sprints 45 minutes:**

- **Warm Up: 10 Minutes**
  - Walk 5 Minutes
  - Run 5 Minutes
- **Begin Interval Sprints: 30 Minutes**
  - 1 Minute ON: Sprint 75-100% Intensity for 60 Seconds
  - 1 Minute OFF: Walk 30-50% Intensity for 60 Seconds
  - Rinse and Repeat for 30 Minutes total
- **Cooldown for 5 Minutes**
  - Walk 5 Minutes

## **Wendy Marvell Workout Routine: Support Spells Cross-Training HIIT**

**Complete 3–5 Rounds (3 Beginner, 4 Intermediate, 5 Advanced):**

30 Jumping Jacks

25 Mountain Climbers

30 High Knees

20 Air Squats

30 Toe Taps onto Stair, DB, or KB

15 Knee Push Ups

30 Jumping Jacks

10 Inch Worms

30 High Knees

5 Burpees

**Wendy Marvell Workout Routine: Optional Additional Training Resources (Including MMA)**

**Main MMA Training Resources**

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

## **Other MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)

## **Endurance Training Resources:**

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

## **HIIT Training Resources:**

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

## **Parkour Training Resources:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)