

SAINTS GLOBAL

ACTIVITY PLAN

ENDURANCE

PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The partner-paced 2-mile run

In Session 3, pairs of saints run a 2-mile route together. The faster saint runs at the slower saint's pace for the first mile, then the pair trades pace-setting at the halfway mark. The event tests whether each youth can adjust his pace to help a partner finish safely.

OUTDOOR — MEASURED 2-MILE LOOP OR OUT-AND-BACK ROUTE

SESSION 1 · PHYSICAL CORE

⌚ 60 min target

The Baseline

Set a baseline for each saint so future sessions can be measured against it.

SESSION AIM

Record each saint's current endurance — a timed mile and a max push-up count — and teach proper warm-up and cool-down so future efforts are safe. Saints leave with baseline numbers on the BRC, a homework assignment to write a personal endurance plan, and a sustained-effort date scheduled before Session 3.

🎯 WALK AWAY WITH

- Knows their baseline mile time and max push-up count
- Has a 4-week endurance plan written in their own handwriting
- Has a sustained-effort date on the calendar before Session 3

📦 BRING / SET UP

- A stopwatch or phone timer
- A measured 1-mile route (one straight mile, 4 laps of a track, or a known measured loop)
- Cones or markers if you're running an out-and-back course
- One water bottle per saint, full at the start
- BRC printouts (one per saint) to record baseline numbers in real time
- Endurance plan worksheet (one per saint) to take home — four areas: frequency, intensity, recovery, hydration + nutrition
- A flat clean spot for push-ups and stretching

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Quitting moments**

⌚ 5 min

Ask the group: "When have you wanted to quit something hard — a run, a hike, a project, a long day of work — and what kept you going?" Take three or four short answers. Keep it brief. The point is to put the word "endurance" in the room as something each youth has already lived.

BLOCK 2 · SKILL PRACTICE Run the warm-up sequence

⌚ 10 min

1. Pick one youth to lead. He runs the group through a dynamic warm-up: 30 seconds each of jumping jacks, high knees, butt kicks, leg swings (10 per side), arm circles, walking lunges (10 steps each leg).
2. Leader steps in only to correct form. Keep the cadence steady and the reps clean.
3. Brief teaching point: dynamic warm-up gets blood moving and joints loose. Static stretching on cold muscles can cause strains, so save the static stretches for after the workout.
4. Wrap with each youth finishing the sentence out loud: "Endurance is ____." Note three or four answers.

REQ 1B

REQ 3D

SESSION 1 · THE BASELINE (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · PHYSICAL **Record the baseline mile and push-ups**

⌚ 25 min

1. Walk or jog to the start of the measured mile. Confirm everyone knows the route.
2. Run the mile. One youth times and records each finishing time as saints cross the line. Walking is allowed — the goal is to finish and record a time, not to win.
3. Record times on the BRC. Allow 90 seconds of rest to catch breath.
4. 60-second max push-ups on GO. Each youth counts his own. Form first — if knees drop or the back sags, that rep doesn't count. Write the number on the BRC.
5. Quick high-five round. Every saint now has a baseline number on the BRC.

REQ 2A

BLOCK 4 · SKILL PRACTICE **Cool down and recover**

⌚ 15 min

1. Walk together for five minutes to bring heart rates down. Walking helps recovery more than sitting does.
2. Static stretching circle: quads, hamstrings, calves, hip flexors, shoulders. Hold each 30 seconds. One youth calls each stretch by name; leader corrects anyone pushing into pain.
3. Hydrate. Each youth drinks 8–12 oz of water now, not later.
4. Sitting circle, two prompts: "Where did you feel it first — lungs, legs, or head?" and "Where did you decide to keep going when you wanted to slow down?" One saint per prompt. Don't force everyone.
5. Leader's 60-second teaching point: warm-up, effort, cool-down, hydrate, protein within an hour. That cycle is the recovery routine, and it counts as part of the training.

REQ 3D

BLOCK 5 · REFLECTION **Close — Numbers and homework**

⌚ 5 min

1. Confirm each youth has his mile time and push-up count written on the BRC.
2. Homework 1: read 1 Corinthians 6:19–20 and Doctrine and Covenants 89:18–20 tonight. One sitting is enough.
3. Homework 2: write your personal endurance plan on the worksheet. Frequency, intensity, recovery, hydration, nutrition. Bring it to Session 2. A first draft is enough.
4. Schedule your first 45-minute sustained effort (Req 3a) before Session 3. Pick a day and write it on the BRC tonight.

AT THE CLOSE · DEBRIEF

1. What surprised you about your baseline number?
2. Where did you feel the effort first — legs, lungs, or focus?
3. What is one small thing you can do this week to be ready for the next session?

📝 Mark Req 1b and 2a after this session. Req 3d is in progress — mark it once each saint demonstrates the full warm-up and cool-down on his own efforts. Req 1a (scripture) and 2b (plan) are homework due Session 2; Req 3a (the 45-minute effort) should be scheduled tonight on the BRC.

SESSION 2 · PHYSICAL CORE

⌚ 60 min target

Fatigue & Form

*Train the second half of the effort, not just the first.***SESSION AIM**

Run a six-station muscular-endurance circuit while the leader coaches form under fatigue. Saints share their personal endurance plan drafts, revise them against what they felt today, and lock in the date for their 45-minute sustained effort before Session 3.

🎯 WALK AWAY WITH

- Has felt their form break under fatigue and worked through it
- Has refined their 4-week plan based on actual capacity
- Has a second sustained-effort date scheduled before Session 4

📦 BRING / SET UP

- Stopwatch or interval timer
- Open floor space (gym, parking lot, or large clear room)
- Six pre-printed circuit cards (one per station, posted around the space): push-ups, squats, plank hold, lunges, sit-ups, burpees
- Endurance plan worksheets — saints bring their drafts; have 2–3 spares for anyone who forgot
- Water bottles, BRC printouts, pens

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Plan check**

⌚ 5 min

Each youth shares one element of his endurance plan that he's nervous about keeping. One sentence per saint, no critique. If a youth didn't write his plan, note it and follow up with him after the session.

BLOCK 2 · SKILL PRACTICE Warm-up with a new leader

⌚ 8 min

1. A different youth leads than last week. Same dynamic sequence, plus one new element of his choice (high skips, side shuffles, A-skips).
2. 5 minutes of warm-up, then 2 minutes of bodyweight prep: 10 push-ups, 10 squats, 10 sit-ups at moderate effort.
3. Form check before the circuit. If a youth's push-up form is sloppy on the prep set, fix it now.

REQ 3D

SESSION 2 · FATIGUE & FORM (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · PHYSICAL **Run the fatigue circuit**

⌚ 30 min

1. Six stations: push-ups, squats, plank hold, lunges, sit-ups, burpees. 60 seconds each, max reps (or seconds for plank). 30-second rest between stations. That is one round.
2. Three rounds total. Youth can scale (knees-down push-ups, hands-up burpees), but everyone keeps moving through every station. No sitting out.
3. Leader's job during the circuit: watch form. If a youth's back rounds on push-ups or his knees collapse on squats, stop him and reset. Form first, count second.
4. After round 2, fatigue shows up. Call out: "Slow down if you need to, but keep your form."
5. Record each saint's round-3 numbers. They will use them as a target next time.

REQ 3C

BLOCK 4 · CREATIVE **Recover and revise the plan**

⌚ 10 min

1. Walk for five minutes to bring heart rates down before anything else.
2. Stretch the worked muscles: chest and shoulders (push-ups), quads and glutes (squats and lunges), core (sit-ups and plank). 30 seconds each.
3. Hydrate. Each youth drinks 12–16 oz of water now.
4. Sitting circle prompt: "Where did your form start to break, and what did you do to keep going?" Two or three saints share.
5. Three minutes of solo edits on the endurance-plan worksheet. Revise one element based on today — maybe switch to assisted push-ups, or add a recovery day.

REQ 2B

REQ 3D

BLOCK 5 · REFLECTION **Close — Schedule the sustained effort**

⌚ 7 min

1. Confirm the date for your 45-minute Req 3a effort. It should land before Session 3.
2. Choose the modality (run, ruck, bike, swim) and the route. Write it on the BRC, not on a phone note.
3. Quick pair-share: tell your neighbor what date and modality you picked. Saying it aloud makes the commitment harder to skip.
4. Reminder: Session 3 runs as pairs on a 2-mile route. Come ready to move — running shoes, water bottle, BRC.

AT THE CLOSE · DEBRIEF

1. Which station was hardest in round 3 — and why that one?
2. What part of your endurance plan changed after today?
3. When you wanted to drop reps to recover, what kept you going?

☑ Mark Req 2b after the worksheet refinement in Block 4. Mark 3c after the circuit. Req 3d gets marked once the saint has demonstrated full warm-up + cool-down + stretching + hydration today. Req 3a remains in progress — must be completed before Session 3.

SESSION 3 · PHYSICAL CORE

⌚ 60 min target

Pacing Others

Pair runs and partner carries make endurance about the group, not just the individual.

SESSION AIM

Pairs of saints take turns leading and being led through a 2-mile run, switching roles at the turnaround. Each youth makes real pacing decisions — adjusting speed, talking a partner through a hard moment, watching for safety. The session also debriefs the off-meeting 45-minute efforts so saints can compare what they learned on their own.

🎯 WALK AWAY WITH

- Has run two miles paced to a partner instead of to themselves
- Has practiced setting a pace and being paced
- Has Reqs 3e and 3d logged on the BRC

📦 BRING / SET UP

- Stopwatch or phone timer
- A measured 2-mile route (a loop or out-and-back). If the route is unfamiliar, scout it before saints arrive.
- Water bottles — one per saint, plus a refill at the turnaround point if possible
- Cones to mark the turnaround if needed
- Optional: weighted packs (10–15 lbs) for saints who picked ruck as their modality
- BRC printouts

🔗 THE HOUR

BLOCK 1 · DISCUSSION **Opener — Sustained-effort report**

⌚ 5 min

Go around the room: who did his 45-minute sustained effort (Req 3a)? What modality, what was the hardest moment, and what did you do about it? One sentence per saint. Anyone who hasn't done it sets the date on his BRC now, before the session moves on.

BLOCK 2 · SKILL PRACTICE **Warm up and jog**

⌚ 8 min

1. Run the same dynamic warm-up sequence with a new youth leading. The group knows the drill by now.
2. Add a 3-minute slow jog after the warm-up to bring heart rates up before the route.
3. Quick safety review: hand signals, where the leader will be, and what to do if a youth cramps or feels lightheaded (stop, walk, signal).

REQ 3D

SESSION 3 · PACING OTHERS (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 3 · PHYSICAL **Run the paired 2-mile route**

⌚ 32 min

1. Pair up. Each pair runs the same 2-mile route, out to the turnaround and back. Plan on 20–25 minutes per pair.
2. Roles: for the first half, Saint A sets the pace and watches Saint B. For the second half (back from the turnaround), Saint B sets the pace.
3. The pace-setter holds a steady pace and checks on his partner verbally: "How are you feeling? How's your breathing? We good?" Slow down if the partner is struggling; push slightly harder if he's cruising.
4. No headphones, no phones. Partners need to be able to talk.
5. Stagger pair starts by 30 seconds to avoid crowding the route.
6. Leader walks or drives the route, watches form and safety, hands out water at the turnaround, and intervenes quickly if a youth is in trouble.

BY TIER

ENTRY Run with an established saint as your pacing partner — they set pace, you stay glued to them.**ESTABLISHED** Pair with another established saint; trade pace-setting at the halfway mark.**MENTOR** Pair with an entry-tier saint. Coach them through the first mile, then let them coach you through the second.

REQ 3E

BLOCK 4 · DISCUSSION **Cool down and debrief pacing**

⌚ 10 min

1. 5-minute walk to cool down. Stay walking, not sitting.
2. Static stretching circle. One youth calls each stretch by name.
3. Discussion prompt: "When you were the pace-setter, what did you adjust based on what your partner was doing? When your partner was setting the pace, what helped you most?" Each pair contributes.
4. Make the teaching point: pacing is about paying attention to your partner and adjusting speed so both of you finish safely.

REQ 3E

REQ 3D

BLOCK 5 · REFLECTION **Close — Schedule the second effort**

⌚ 5 min

1. Confirm Req 3b: the second sustained effort. It must land before Session 4.
2. Use a different modality from your 3a. If you ran, ruck this time. If you rucked, bike. If you biked, swim. Req 3b asks for a different modality, not a repeat.
3. Write the modality and date on the BRC tonight.
4. Session 4 is the final session. Come prepared to share one mistake from your sustained efforts and one thing you would improve.

SESSION 3 · PACING OTHERS (PAGE 3 OF 3)

🗨 AT THE CLOSE · DEBRIEF

1. When you set the pace, what was the hardest decision — slow down, speed up, encourage, or stay quiet?
2. When your partner set the pace, what did he do that helped you most?
3. What modality are you picking for your second sustained effort, and why?

☑ Mark Req 3e after the paired run completes. Mark 3a for any saint who finished his 45-minute effort before this session — anyone outstanding must complete it before Session 4. Req 3b remains in progress and must complete before Session 4.

SESSION 4 · PHYSICAL CORE

⌚ 60 min target

Finish Strong

Review what each saint achieved and what habits he'll keep.

SESSION AIM

A reflection-heavy session built around a slow group walk during which saints discuss what they learned about pacing, discomfort, and recovery from both sustained efforts. Saints connect the physical work to scripture, write three endurance habits they will keep, and complete BRC sign-off with a named affirmation from the leader.

🎯 WALK AWAY WITH

- Has three endurance habits written down to keep
- Has one habit identified to drop
- Has connected endurance to scripture
- Has a fully signed BRC

📦 BRING / SET UP

- Notepads or half-sheets of paper (one per saint) for the habits exercise
- Pens (one per saint)
- Scripture handouts: 1 Corinthians 6:19–20 and Doctrine and Covenants 89:18–20 (one per saint)
- BRC printouts (final review)
- Water bottles
- A walking route — flat, ~30 minutes round trip, where saints can walk in pairs and talk

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Second-effort report**

⌚ 5 min

Quick round: who did his second sustained effort (Req 3b)? What modality, and what was different from the first effort? One sentence per saint. Session 4 is the deadline — any youth who hasn't done it sets the date on his BRC now before the session continues.

BLOCK 2 · REFLECTION The reflection walk

⌚ 30 min

1. Pair up in different pairs than Session 3. Slow walking loop, roughly 30 minutes round trip.
2. Walking pace, not training pace. The point is conversation, not exercise.
3. Two questions for the walk. First 15 minutes: "What was the biggest mistake you made on your sustained efforts — pacing, hydration, mental, anything?" Second 15 minutes (after the turnaround): "What would you change about how you trained, if you started today?"
4. Leader walks the loop alongside the pairs and joins each pair for 3–5 minutes to listen, not to teach.
5. At the turnaround, switch which youth is talking first.

REQ 4A

SESSION 4 · FINISH STRONG (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · SCRIPTURE **Scripture connection**

⌚ 12 min

1. Sit in a circle. Each youth takes a printed handout with 1 Corinthians 6:19–20 and Doctrine and Covenants 89:18–20.
2. Three minutes of silent reading. Mark anything that stands out.
3. Open round: "How does the endurance work we've done these four weeks connect to caring for your body and running with patience?" Each saint contributes one thought. No follow-up questions.
4. Brief closing point: endurance training is part of how saints care for their bodies, and a body that can keep going makes long, faithful work possible.

REQ 1A

REQ 4B

BLOCK 4 · CREATIVE **Three habits and one drop**

⌚ 8 min

1. Each youth writes for two minutes on a half-sheet: "Three endurance habits I will keep after this badge — and one that I'll drop." No discussion, just writing.
2. Open round: each saint reads one of his three habits aloud. Just one. The room responds with one observation or affirmation per habit.
3. Two-minute leader affirmation: speak to each saint by name and point to something specific he did. Example: "Saint Jacob, you ran the mile in 9:48 in Session 1 and finished one of your sustained efforts in pouring rain. You stayed with your partner the whole route in Session 3."

REQ 4A

REQ 4B

BLOCK 5 · REFLECTION **BRC sign-off**

⌚ 5 min

1. Walk through the BRC with each saint, one requirement at a time. Mark what is done and name what is outstanding.
2. For anything outstanding (likely 4a written reflection, possibly 1a if scripture homework wasn't done), set a concrete deadline before the next Board of Review.
3. Close by reading 1 Corinthians 15:58 aloud as the session's anchor.

AT THE CLOSE · DEBRIEF

1. Which of your three habits are you most worried you won't keep?
2. Which mistake from your sustained efforts taught you the most?
3. What does your endurance routine look like next week?

✓ Mark Req 1a, 4a, 4b after this session. Any requirement still outstanding gets a concrete deadline written on the BRC. Final sign-off completes once any remaining written reflection is submitted to the leader.

HANDOUT 1 OF 1

FROM SESSION 1 — RUN THE WARM-UP SEQUENCE

Dynamic Warm-Up Sequence

Move through the six in order. Print the handout page for in-meeting reference.

Dynamic Warm-Up Sequence

Move through all six in order. Cadence steady, form first.

1

**Jumping Jacks**

30 seconds · steady cadence

2

**High Knees**

30 seconds · drive knees up

3

**Butt Kicks**

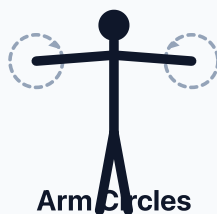
30 seconds · heels to glutes

4

**Leg Swings**

10 each side · forward + side

5

**Arm Circles**

30 sec forward · 30 sec back

6

**Walking Lunges**

10 each leg · forward stride

Print this handout for in-person reference during session 1 — run the warm-up sequence.