

Circuits for everyone, sessions for sprinters and distance runners

Circuit Training with Jess Ennis-Hill again this week, please do both on 2 different days, about 20 minutes each – do them twice through if you dare!

[20-MIN FULL BODY WORKOUT with Jessica Ennis-Hill - YouTube](#)

[15 minute full body workout with Jessica Ennis-Hill - YouTube](#)

Sprint Session 1                      wear bright clothing    Tuesday - Friday

Warm up – jog, leg swings, drills (as we normally do) for 10 minutes.

[6 x 80m \(10 – 12 sec\) with 4 minutes rest](#) between each – try the long straight on West Park or near Wedderburn House on Oatlands Stray

5 minute break

Power development – [10 x as high as you can jumps – 10 sec rest between each jump](#), make sure to use your arms to gain height too; repeat 3 times after 2 minutes rest between sets

Cool down jog and stretches in the warmth of your house.

Sprint Session 2                      wear bright clothing    at the weekend

Warm up – jog, leg swings, drills (as we normally do) for 10 minutes.

[40m uphill sprint \(6 or 7 seconds\); rest 3 minutes; repeat 8 times](#) – these need to be fast as possible, try Valley Gardens Hill or Montpellier Hill or Showground Hill

Leg speed development – [20 x step up and downs as quick as possible; 2 minute rest, repeat 5 times](#)

Cool down jog and stretches in the warmth of your house.

Distance Session 1                      wear bright clothing    Tuesday - Friday

[25 minute steady run](#) you could do laps of a nearby loop or go further with an older brother / sister or parent or meet up with 1 friend. Throw in [3 or 4 sprints of 30 seconds as you go](#), make sure you do not walk after these, just slow to a jog.

Stretches in the warmth of your house.

Distance Session 2                      wear bright clothing    at the weekend

Warm up jog (5 minutes); Leg Swings and Drills (as we normally do in warm up) Find a loop that is safe to run round and do [2 minute effort followed by 1 ½ minute walk / rest](#); repeat this for 6 efforts (if you are year 6, 7 or 8) 7 efforts (if you are older).

Stretches in the warmth of your house.