

Circuits for everyone, sessions for sprinters and distance runners

Circuit Training with 2 others this week, please do both on 2 different days, about 30 minutes each – do them twice through if you dare!

[30-Minute HIIT Cardio Workout with Warm Up - No Equipment at Home | SELF - YouTube](#)

[36 Minute No Equipment Total Body Circuit Workout: At Home Bodyweight Workout For Strength & Cardio - YouTube](#)

Sprint Session 1 wear bright clothing Tuesday - Friday

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

10 x starts and 20m (3 sec) with 2 minutes rest between each – warmer weather so some focus on starts and acceleration, remember to stay low and think about driving yourself forwards

5 minute break

Power development – 10 x jumps onto a bench, make sure to use your arms to gain height too; repeat **3 times after 2 minutes rest between sets**

5 minute break

1 x 200m accelerating – start fast and relaxed, stay relaxed but try to get faster, in reality you'll be holding your speed

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.

80m sprint (10 seconds); rest 5 minutes; repeat 6 times – these need to be fast as possible, try West Park straights

Leg speed development – 10 x mountain climbers, quick as possible; 1 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 acceleration 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 5 min jog pace, 5 min easy pace, 5 min relaxed but faster, 5 min fastish and 5 min as fast as you dare,

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 **200m effort (40 seconds) x 5 with 60 seconds rest; rest for 4 minutes then a second set of 5** (older runners do sets of 6). Cool down jog – 5 minutes

Stretches in the warmth of your house.