

Circuits for everyone, sessions for sprinters and distance runners

Circuit Training [back with Tom Daley this week](#) please do both on 2 different days

[20 MINUTE HIIT WORKOUT | #DaleyWorkout Ep6 | Tom Daley - YouTube](#)

[20 MINUTE HITT \\*NO EQUIPMENT\\* | #DaleyWorkout Ep 9 | Tom Daley - YouTube](#)

Sprint Session 1 wear bright clothing Tuesday - Friday

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

10 x 30m hill sprints – remember high knee lift and arm drive are especially important, 2 minute recovery each time – Try Montpellier Hill or Valley Gardens Hill

5 minutes rest

1 x 50m hill sprint

Power development – 5 x ‘as high as you can’ hops – 5 sec rest between each jump; repeat 3 times. Remember both legs!

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.

200m relaxed but fast efforts x 3 with 5 minutes recovery

Leg speed development – 10 x mountain climbers at top speed 1 minute rest, repeat 3 times

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

Distance Session 1 wear bright clothing Tuesday - Friday

1 minute ‘on’ 1 minute ‘off’ session – why not meet up with a friend. 5 minute jog followed by leg swings and drills (as normal). Then 10 x 1 minute hard and 1 minute easy jog (not walk). You can do repeat laps of a loop of just go round a bigger route. Finish with 5 minute easy jog down. Older runners try 12 efforts.

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 300m effort (60 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. Try on West Park or another fairly flat, good surface.

Stretches in the warmth of your house.