

Circuits for everyone, sessions for sprinters and distance runners

Circuit Training with diving Ace, Tom Daley please do both on 2 different days, just over 20 minutes each

[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.

4 x 150m with 4 minutes rest between each – try the long straight on Tewitt Well Stray

5 minute break

Power development – 5 x ‘as high as you can’ hops – 10 sec rest between each hop Left then Right foot; repeat 3 times.

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.

10 – 15m Jog start into 40m sprint; rest 3 minutes; repeat 8 times

Leg speed development – 10 x mountain climbers as 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 – 5 minutes jog, 5 minutes relaxed pace, 5 minutes medium pace, 5 minutes faster pace, 5 minutes hard as you dare – you could do laps of a nearby loop or go further with an older brother / sister or parent or meet up with 1 friend.

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. Find a loop that is safe to run round and do 3 minute effort followed by 2 minute walk / rest; repeat this for 4 efforts (if you are year 6, 7 or 8) 5 efforts (if you are older).

Stretches in the warmth of your house.