

Circuits for everyone, sessions for sprinters and distance runners

Circuit Training with Jess again please do both on 2 different days

[Jessica Ennis-Hill's 20-minute body conditioning circuit | Get The Gloss - YouTube](#)

[Jessica Ennis-Hill's 15-Minute Core Circuit | Get The Gloss - 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 Montpelier 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

5 minutes relaxed pace run, 5 minutes medium pace, 5 minutes fast pace, 5 minutes medium pace, 5 minutes relaxed pace – 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 2 minute effort followed by 2 minute walk / rest; repeat this for 5 efforts (if you are year 6, 7 or 8) 6 efforts (if you are older). Cool down jog (5 minutes). Efforts should be hard! Especially the last couple of them.

Stretches in the warmth of your house.