

Circuits for everyone, sessions for sprinters and distance runners

Circuit Training [trying a new trainer this week](#) please do both on 2 different days

Get your tunes on and turned up loud

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

[30 Minute HIIT Cardio Workout + Abs At Home - With Warmup | SELF - 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 – remember key points of a good sprint start and do 10m really fast acceleration

5 minutes rest

1 x 200m fast (try on Tewitt Well Stray straight)

Power development – 10 x ‘as high as you can’ squat jumps – 10 sec rest between each jump; 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.

30m / 5 sec uphill sprints x 10 with slow walk back down and plenty of recovery.

Leg speed development – 10 x step up and down onto a stair as quick as possible; 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

25 minute steady run – at a pace you can sustain, but not a jog – 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

Find a loop that is safe to run round and do 1 minute fast followed by 1 minute easy (not walking); repeat this for 20 minutes, so 10 fast and 10 easy. (If you are older, try 12 fast and 12 easy)

Stretches in the warmth of your house.