

Circuits for everyone, sessions for sprinters and distance runners

Circuit Training with Jessica Ennis-Hill

please do both on 2 different days

[20-MIN FULL BODY WORKOUT with Jessica Ennis-Hill - YouTube](#)

[15 minute full body workout with Jessica Ennis-Hill - 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

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

20 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 slow.

Stretches in the warmth of your house.