

We must stick to the rules – exercise alone or with a family member, but currently we are fine to do this. Why not do the exercises in your garden or yard with some music on.

Session 1 and 2 are running based with sprints and middles options

Session 3 and 4 are strength & conditioning exercises that can be done at home or outside

Session 1

4 or 5 minute warm up jog

15 minutes Running Drills – athletes should be familiar with these from group sessions. Do each twice and over about 20 meters choose 5 or 6 different drills with walk back.

Alternate leg lunges – rock steady knees

Relaxed skips – arms and knees all in a straight line

High skips – drive up with opposite knee and arm

Sideways skips (both ways round) – hips sideways

Sideways daisy chains – good hip mobility

High knees – quick legs

High knees and heels under your bottom

Bounding – drive the knee up

Straight leg running – springing each step

Backwards running – push off your toes

Hurdlers especially – lead and trail leg drills, leg swings

Sprinters Session

6 x 50m uphill (get the knees high)

4 x 100m gentle downhill (relaxed but quick)

Long recovery is vital so each can be fast

Middle Distancers Session

4 x 800m (3 minutes or so)

6 x 100m (15 seconds or so)

Recovery about 2 minutes each time

Cool Down – 4 or 5 minute jog and / 5 minutes static leg stretching

Session 2

4 or 5 minute warm up jog

15 minutes Running Drills – athletes should be familiar with these from group sessions. Do each twice and over about 20 meters choose 5 or 6 different drills with walk back.

Alternate leg lunges – rock steady knees

Relaxed skips – arms and knees all in a straight line

High skips – drive up with opposite knee and arm

Sideways skips (both ways round) – hips sideways

Sideways daisy chains – good hip mobility

High knees – quick legs

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Sprinters Session

8 x 40m (5 seconds or so) very fast

Long recovery (2 minutes)

6 x sprint starts plus 10 m acceleration

Middle Distancers Session

2 or 3 x 1500m – 2000m (6 or 7 minutes or so)

Recovery about 3 minutes each time

Or 20 to 30 minute steady run

Cool Down – 4 or 5 minute jog and / 5 minutes static leg stretching

Session 3

Lying on the ground bench press with weights or bottles of water

High speed Mountain climbers

40 – 60 sec plank

Skipping with a rope

3 or 4 times round will take about 15 minutes

Session 4

High knees on the spot with short balance every 5 steps x 10

Sit ups

Single leg squats – try to balance but use a wall to stabilise you if need be

Press ups / from knee press ups to make it easier

3 or 4 times round will take about 15 minutes

Can be livened up with music or favourite TV show