

ENDURANCE CIRCUIT

There are many circuits that can be designed to suit the needs of the athlete and the time of year. The following circuit is great for winter training if done as a whole routine. It can however be modified by making it as short/long or easy/intensive as you need.

Start with Group 1, rotating around the four exercises, before moving to Group 2 and so on.

Don't forget that with circuits the repetitions/timings are set depending on the workout you need, the time of the year and the muscle groups you need to work.

E.g. Full circuit:

30-45 seconds on each exercise, move straight on to next exercise OR A number of repetitions on each exercise of 10

upwards, moving on to next exercise after resting 10-20 seconds.

The circuit can also be done as an overload circuit where you do one body group at a time, i.e. all arms, then all abdominals, then all legs. So you would go through the groups as follows - 1-4-7, 2-5-8, 3-6-9.

