

RUNNING CIRCUIT - ENDURANCE

This circuit is great for winter training as it incorporates strength and endurance as well as maintaining the running element of your training. It can allow you to keep training no matter what the weather.

- Athletes do 24 exercises in pairs
- Athlete 1 on exercise, Athlete 2 runs around outside the circuit
- Athlete 1 must continue to do the exercise until Athlete 2 has completed

a full lap. They then tag each other and swap over

- The athletes finish when both have completed the full circuit
- Circuit can be adapted, completing all arms first, then abdominals and then legs for an overload circuit
- Or it can be done using exercises without the running (especially if athlete is injured)

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.

This circuit however should be used as an intensive cardiovascular workout and is designed to be a complete training workout and not to be used after an intensive training session.

24 EXERCISES IN PAIRS