Strength Circuit Exercises: Weekday Sessions

Our coach will lead you through these movements

Strength Circuit 1: Weeks 1-3

Knee Repeater L leg: 30 sec

Rest 15 sec

Knee Repeater R leg: 30 sec

Rest 15 sec

Hover: 30 sec

Rest 15 sec

Pulse Squats: 30 sec

Rest 15 sec

Pulse Jump Squats: 30 sec

Rest 15 sec

Press Ups: 30 sec

Rest 15 sec

Burpee: 30 sec

Rest 1min

Repeat x 3 Sets

Strength Circuit 2: Weeks 4-6

Pulse Jump Squats: 50 sec

Rest 10 sec

Burpee: 50 sec

Rest 10 sec

Rolling Hover: 50 sec

Rest 10 sec

Jumping/Step Lunge: 50 sec

Rest 10 sec

Press Ups: 50 sec

Rest 10 sec

Burpee: 50 sec

Rest 30 sec

Repeat x 3 Sets



Aims	To run 10k!						
Beginner Progra	mme						
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Week	Mon: Group Session	Tues	Wed: Group Session	Thurs (solo session)	Fri	Sat: Group Session	Sun
1	Circuit 1*/Long Intervals**	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	5km	Rest day
-	2mins Easy / 5 mins Faster x4 Sets		1min Easy / 30sec surge / 2mins Fast then 30sec surge x7 Sets	Easy run		Easy running	
Turnaround time:	14mins		14mins				
2	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	6km	Rest day
	2.5mins Easy / 30sec surge / 5mins Faster x3 Sets	. 1001 0.1101	1min Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	Easy run		Easy running	co. uu,
Turnaround time:	12mins		12mins			zasy ranning	
3	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	6.5km	Rest day
	2.5mins Easy / 45sec surge / 5min Faster x3 Sets		70sec Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	Easy run		Easy running	
Turnaround time:	12min 30sec		12min 30sec				
4	Circuit 2*/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	7km	Rest day
	2.5mins Easy / 1min surge / 5.5mins Faster x3 Sets		1min Easy / 1min surge / 90sec Fast then 30sec surge x7 Sets	Easy run		Easy running	, reer day
Turnaround time:	13min 30sec		13min 30sec				
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5	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	7.5km	Rest day
	2.5mins Easy / 1min surge / 6.5mins Faster x3 Sets		1min Easy / 90sec Fast then 30sec surge x10 Sets	Easy run		Easy running	
Turnaround time:	15min 30sec		15min 30sec				
6	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	8km	Rest day
	2.5mins Easy / 1min surge / 7.5mins Faster x3 Sets		45sec Easy / 90 sec Fast then 30sec surge x12 Sets	Easy run		Easy running	
Turnaround time:	17mins		17mins				
7	Strength Based Warm Up/Long Intervals	Rest and Stretch	Strength Based Warm Up/Short Intervals	5-6km	Rest and Stretch	9km	Rest day
•	2.5mins Easy / 1min surge / 9.5mins Faster x3 Sets	Tiost and othern	45sec Easy / 75sec Fast then 30sec surge x16 sets	Easy run	Tiost and ottoton	Easy running	1 loot day
Turnaround time:	20mins		20mins	Lasy ran		Lasy ranning	
8	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6km	Rest and Stretch	10km Run day	Sleep in ;-)
	47mins easy run		50min easy run	Easy run		Kick butt!	
Turnaround time:	23min 30sec		24min 30sec				

Notes:

^{*} Circuit: Refer to Tab 1 on spreadsheet (Page 1 on PDF) for these Strength Circuit Movements

^{**}In the Beginner programme you can choose to walk in the easy sections in both the Long and Short Intervals



Aims	To run 10k!						
ntermediate Pro	ogramme:						
Week	Mon: Group Session	Tues	Wed: Group Session	Thurs (solo session)	Fri	Sat: Group Session	Sun
1	Circuit 1*/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	6km run	Rest day
	2mins Easy / 5 mins Faster x4 Sets		1min Easy / 30sec surge / 2mins Fast then 30sec surge x7 Sets	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
Turnaround time:	14mins		14mins				
2	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	7km run	Rest day
	Circuit 1/Long intervals	nest and Stretch	Circuit 1/3/10/1 liftervals	J-UKIII	nest and Stretch	After 20mins do 30mins at 8/10 intensity or goal	nest day
	2.5mins Easy / 30sec surge / 5mins Faster x3 Sets		1min Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	Easy run		pace	
Turnaround time:	12mins		12mins				
3	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	8km run	Rest day
	2.5mins Easy / 45sec surge / 5min Faster x3 Sets		70sec Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
urnaround time:	12min 30sec		12min 30sec				
4	Circuit 2*/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	9km run	Rest day
	2.5mins Easy / 1min surge / 5.5mins Faster x3 Sets		1min Easy / 1min surge / 90sec Fast then 30sec surge x7 Sets	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
Turnaround time:	13min 30sec		13min 30sec				
5	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	10km run	Rest day
	2.5mins Easy / 1min surge / 6.5mins Faster x3 Sets		1min Easy / 90sec Fast then 30sec surge x10 Sets	Easy run		Do 2nd Half at 8/10 intensity or goal pace	
urnaround time:	15min 30sec		15min 30sec				
6	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	8km Fast Run	Rest day
	2.5mins Easy / 1min surge / 7.5mins Faster x3 Sets	riout and otheren	45sec Easy / 90 sec Fast then 30sec surge x12 Sets	Easy run	Tiour and others	Aiming for negative split (second half faster)	1 loot day
urnaround time:	17mins		17mins			у при	
7	Chromoth Deced Marro Hall Land	Dook and Object of	Ctronath Deced Marie Lie Obert Lie e	F. Ol	Dook and Object of	401	Death
	Strength Based Warm Up/Long Intervals	Rest and Stretch	Strength Based Warm Up/Short Intervals	5-6km	Rest and Stretch	12km	Rest day
Furnaround time:	2.5mins Easy / 1min surge / 9.5mins Faster x3 Sets 20mins		45sec Easy / 75sec Fast then 30sec surge x16 sets 20mins	Easy run		Do 2nd Half at 8/10 intensity or goal pace	
di narouna time.	ZUIIIIIO		20111113				
8	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6km	Rest and Stretch	10k Run day	Sleep in ;-)
	47mins easy run		50min easy run	Easy run		Kick butt!	
Turnaround time:	23min 30sec		24min 30sec	-			
otes:	* Circuit: Refer to Tab 1 on spreadsheet for these Stren	gth Circuit Movements	S				



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dvanced Progra	mme:						
Wools	Many Crown Socian	Tues	Wed. Crown Session	Thurse (colo coccion)	Fri	Sati Craum Sagaian	Cum
Week	Mon: Group Session	Tues	Wed: Group Session	Thurs: (solo session)	<u>Ffi</u>	Sat: Group Session	Sun
1	Circuit 1*/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	8km run	Rest day
	2mins Easy / 5 mins Faster x4 Sets		1min Easy / 30sec surge/ 2mins Fast then 30sec surge x7 Sets	Easy run		After 20mins do fast then 30mins at 8/10 intensity or goal pace	
Turnaround time:	14mins		14mins	Lasyrun		at 6/10 litterisity of goal pace	
2	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	10km run	Rest day
						After 20mins do 30mins at 8/10	
	2.5mins Easy / 30sec surge / 5mins Faster x3 Sets		1min Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	Easy run		intensity or goal pace	
urnaround time:	12mins		12mins				
3	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	13km run	Rest day
	O Fraince France / AFrance common / Frainc Frankows O Cata		70 F / 1	F		After 20mins do 35m at 8/10	
Furnaround time:	2.5mins Easy / 45sec surge / 5min Faster x3 Sets 12min 30sec		70sec Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets 12min 30sec	Easy run		intensity or goal pace	
4	Circuit 2*/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	10km run	Rest day
тт	Official 2 / Long intervals	riest and otteton	Official 27 Official Miles Vals	3 OKIII	riest and otreten	After 20mins do 35mins at 8/10	riest day
	2.5mins Easy / 1min surge / 5.5mins Faster x3 Sets		1min Easy / 1min surge / 90sec Fast then 30sec surge x7 Sets	Easy run		intensity or goal pace	
Turnaround time:	13min 30sec		13min 30sec				
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5	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	12km run After 20mins do 35mins at 8/10	Rest day
	2.5mins Easy / 1min surge / 6.5mins Faster x3 Sets		1min Easy / 90sec Fast then 30sec surge x10 Sets	Easy run		intensity or goal pace	
Turnaround time:	15min 30sec		15min 30sec	·			
6	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	8km Fast Run	Rest day
	O Fraince Foot / Amin assume / 7 Fraince Footows Q Cata		45aaa Faay / 00 aaa Faat than 00aaa ayyya y 40 C ata	F-201 W.112		Aiming for negative split (second	
Furnaround time:	2.5mins Easy / 1min surge / 7.5mins Faster x3 Sets 17mins		45sec Easy / 90 sec Fast then 30sec surge x12 Sets 17mins	Easy run		half faster)	
arriar carra time:							
7	Strongth Rosed Warm Lla/Lang Intervals	Post and Stratch	Strongth Boood Warm Lin/Short Intervals	5 6km	Doct and Stratch	14km	Post day
<u> </u>	Strength Based Warm Up/Long Intervals	Rest and Stretch	Strength Based Warm Up/Short Intervals	5-6km	Rest and Stretch	After 20mins do 35mins at 8/10	Rest day
	2.5mins Easy / 1min surge / 9.5mins Faster x3 Sets		45sec Easy / 75sec Fast then 30sec surge x16 sets	Easy run		intensity or goal pace	
Turnaround time:	20mins		20mins				
8	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6km	Rest and Stretch	10km Run day	Sleep in ;-)
	47mins easy run	1100t and Otteton	50min easy run	Easy run	ricot and official	Kick butt!	оюр III ,- <i>)</i>
Turnaround time:	23min 30sec		24min 30sec				
otes:	* Circuit: Refer to Tab 1 on spreadsheet for these Stre	nath Circuit Moveme	nts				