

## 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 <b>To run 10k!</b>							
Beginner Programme:							
Week	Mon: Group Session	Tues	Wed: Group Session	Thurs (solo session)	Fri	Sat: Group Session	Sun
1	Circuit 1*/Long Intervals** 2mins Easy / 5 mins Faster <b>x4 Sets</b>	Rest and Stretch	Circuit 1/Short Intervals 1min Easy / 30sec surge / 2mins Fast then 30sec surge <b>x7 Sets</b>	5-6km Easy run	Rest and Stretch	5km <i>Easy running</i>	Rest day
<b>Turnaround time:</b>	<b>14mins</b>		<b>14mins</b>				
2	Circuit 1/Long Intervals 2.5mins Easy / 30sec surge / 5mins Faster <b>x3 Sets</b>	Rest and Stretch	Circuit 1/Short Intervals 1min Easy / 1min surge / 90sec Fast then 30sec surge <b>x6 Sets</b>	5-6km Easy run	Rest and Stretch	6km <i>Easy running</i>	Rest day
<b>Turnaround time:</b>	<b>12mins</b>		<b>12mins</b>				
3	Circuit 1/Long Intervals 2.5mins Easy / 45sec surge / 5min Faster <b>x3 Sets</b>	Rest and Stretch	Circuit 1/Short Intervals 70sec Easy / 1min surge / 90sec Fast then 30sec surge <b>x6 Sets</b>	5-6km Easy run	Rest and Stretch	6.5km <i>Easy running</i>	Rest day
<b>Turnaround time:</b>	<b>12min 30sec</b>		<b>12min 30sec</b>				
4	Circuit 2*/Long Intervals 2.5mins Easy / 1min surge / 5.5mins Faster <b>x3 Sets</b>	Rest and Stretch	Circuit 2/Short Intervals 1min Easy / 1min surge / 90sec Fast then 30sec surge <b>x7 Sets</b>	5-6km Easy run	Rest and Stretch	7km <i>Easy running</i>	Rest day
<b>Turnaround time:</b>	<b>13min 30sec</b>		<b>13min 30sec</b>				
5	Circuit 2/Long Intervals 2.5mins Easy / 1min surge / 6.5mins Faster <b>x3 Sets</b>	Rest and Stretch	Circuit 2/Short Intervals 1min Easy / 90sec Fast then 30sec surge <b>x10 Sets</b>	5-6km Easy run	Rest and Stretch	7.5km <i>Easy running</i>	Rest day
<b>Turnaround time:</b>	<b>15min 30sec</b>		<b>15min 30sec</b>				
6	Circuit 2/Long Intervals 2.5mins Easy / 1min surge / 7.5mins Faster <b>x3 Sets</b>	Rest and Stretch	Circuit 2/Short Intervals 45sec Easy / 90 sec Fast then 30sec surge <b>x12 Sets</b>	5-6km Easy run	Rest and Stretch	8km <i>Easy running</i>	Rest day
<b>Turnaround time:</b>	<b>17mins</b>		<b>17mins</b>				
7	Strength Based Warm Up/Long Intervals 2.5mins Easy / 1min surge / 9.5mins Faster <b>x3 Sets</b>	Rest and Stretch	Strength Based Warm Up/Short Intervals 45sec Easy / 75sec Fast then 30sec surge <b>x16 sets</b>	5-6km Easy run	Rest and Stretch	9km <i>Easy running</i>	Rest day
<b>Turnaround time:</b>	<b>20mins</b>		<b>20mins</b>				
8	Strength Based Warm Up 47mins easy run	Rest and Stretch	Strength Based Warm Up 50min easy run	5-6km Easy run	Rest and Stretch	<b>10km Run day</b> <b>Kick butt!</b>	Sleep in ;-)
<b>Turnaround time:</b>	<b>23min 30sec</b>		<b>24min 30sec</b>				

**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!							
Intermediate Programme:							
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 <b>x4 Sets</b>		1min Easy / 30sec surge / 2mins Fast then 30sec surge <b>x7 Sets</b>	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>14mins</b>		<b>14mins</b>				
2	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	7km run	Rest day
	2.5mins Easy / 30sec surge / 5mins Faster <b>x3 Sets</b>		1min Easy / 1min surge / 90sec Fast then 30sec surge <b>x6 Sets</b>	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>12mins</b>		<b>12mins</b>				
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 <b>x3 Sets</b>		70sec Easy / 1min surge / 90sec Fast then 30sec surge <b>x6 Sets</b>	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>12min 30sec</b>		<b>12min 30sec</b>				
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 <b>x3 Sets</b>		1min Easy / 1min surge / 90sec Fast then 30sec surge <b>x7 Sets</b>	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>13min 30sec</b>		<b>13min 30sec</b>				
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 <b>x3 Sets</b>		1min Easy / 90sec Fast then 30sec surge <b>x10 Sets</b>	Easy run		Do 2nd Half at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>15min 30sec</b>		<b>15min 30sec</b>				
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 <b>x3 Sets</b>		45sec Easy / 90 sec Fast then 30sec surge <b>x12 Sets</b>	Easy run		Aiming for negative split (second half faster)	
<b>Turnaround time:</b>	<b>17mins</b>		<b>17mins</b>				
7	Strength Based Warm Up/Long Intervals	Rest and Stretch	Strength Based Warm Up/Short Intervals	5-6km	Rest and Stretch	12km	Rest day
	2.5mins Easy / 1min surge / 9.5mins Faster <b>x3 Sets</b>		45sec Easy / 75sec Fast then 30sec surge <b>x16 sets</b>	Easy run		Do 2nd Half at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>20mins</b>		<b>20mins</b>				
8	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6km	Rest and Stretch	<b>10k Run day</b>	Sleep in ;-)
	47mins easy run		50min easy run	Easy run		<b>Kick butt!</b>	
<b>Turnaround time:</b>	<b>23min 30sec</b>		<b>24min 30sec</b>				
<b>Notes:</b>	* Circuit: Refer to Tab 1 on spreadsheet for these Strength Circuit Movements						



Aims							
To run 10k!							
Advanced Programme:							
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	8km run	Rest day
	2mins Easy / 5 mins Faster <b>x4 Sets</b>		1min Easy / 30sec surge/ 2mins Fast then 30sec surge <b>x7 Sets</b>	Easy run		After 20mins do fast then 30mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>14mins</b>		<b>14mins</b>				
2	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	10km run	Rest day
	2.5mins Easy / 30sec surge / 5mins Faster <b>x3 Sets</b>		1min Easy / 1min surge / 90sec Fast then 30sec surge <b>x6 Sets</b>	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>12mins</b>		<b>12mins</b>				
3	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6km	Rest and Stretch	13km run	Rest day
	2.5mins Easy / 45sec surge / 5min Faster <b>x3 Sets</b>		70sec Easy / 1min surge / 90sec Fast then 30sec surge <b>x6 Sets</b>	Easy run		After 20mins do 35m at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>12min 30sec</b>		<b>12min 30sec</b>				
4	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 / 5.5mins Faster <b>x3 Sets</b>		1min Easy / 1min surge / 90sec Fast then 30sec surge <b>x7 Sets</b>	Easy run		After 20mins do 35mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>13min 30sec</b>		<b>13min 30sec</b>				
5	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Short Intervals	5-6km	Rest and Stretch	12km run	Rest day
	2.5mins Easy / 1min surge / 6.5mins Faster <b>x3 Sets</b>		1min Easy / 90sec Fast then 30sec surge <b>x10 Sets</b>	Easy run		After 20mins do 35mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>15min 30sec</b>		<b>15min 30sec</b>				
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 <b>x3 Sets</b>		45sec Easy / 90 sec Fast then 30sec surge <b>x12 Sets</b>	Easy run		Aiming for negative split (second half faster)	
<b>Turnaround time:</b>	<b>17mins</b>		<b>17mins</b>				
7	Strength Based Warm Up/Long Intervals	Rest and Stretch	Strength Based Warm Up/Short Intervals	5-6km	Rest and Stretch	14km	Rest day
	2.5mins Easy / 1min surge / 9.5mins Faster <b>x3 Sets</b>		45sec Easy / 75sec Fast then 30sec surge <b>x16 sets</b>	Easy run		After 20mins do 35mins at 8/10 intensity or goal pace	
<b>Turnaround time:</b>	<b>20mins</b>		<b>20mins</b>				
8	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6km	Rest and Stretch	<b>10km Run day</b>	Sleep in ;-)
	47mins easy run		50min easy run	Easy run		<b>Kick butt!</b>	
<b>Turnaround time:</b>	<b>23min 30sec</b>		<b>24min 30sec</b>				
<b>Notes:</b>	* Circuit: Refer to Tab 1 on spreadsheet for these Strength Circuit Movements						