

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 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 x4 Sets	Rest and Stretch	Circuit 1/Short Intervals 1min Easy / 30sec surge / 2mins Fast then 30sec surge x7 Sets	5-6km Easy run	Rest and Stretch	5km <i>Easy running</i>	Rest day
Turnaround time:	14mins		14mins				
2	Circuit 1/Long Intervals 2.5mins Easy / 30sec surge / 5mins Faster x3 Sets	Rest and Stretch	Circuit 1/Short Intervals 1min Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	5-6km Easy run	Rest and Stretch	6km <i>Easy running</i>	Rest day
Turnaround time:	12mins		12mins				
3	Circuit 1/Long Intervals 2.5mins Easy / 45sec surge / 5min Faster x3 Sets	Rest and Stretch	Circuit 1/Short Intervals 70sec Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	5-6km Easy run	Rest and Stretch	6.5km <i>Easy running</i>	Rest day
Turnaround time:	12min 30sec		12min 30sec				
4	Circuit 2*/Long Intervals 2.5mins Easy / 1min surge / 5.5mins Faster x3 Sets	Rest and Stretch	Circuit 2/Short Intervals 1min Easy / 1min surge / 90sec Fast then 30sec surge x7 Sets	5-6km Easy run	Rest and Stretch	7km <i>Easy running</i>	Rest day
Turnaround time:	13min 30sec		13min 30sec				
5	Circuit 2/Long Intervals 2.5mins Easy / 1min surge / 6.5mins Faster x3 Sets	Rest and Stretch	Circuit 2/Short Intervals 1min Easy / 90sec Fast then 30sec surge x10 Sets	5-6km Easy run	Rest and Stretch	7.5km <i>Easy running</i>	Rest day
Turnaround time:	15min 30sec		15min 30sec				
6	Circuit 2/Long Intervals 2.5mins Easy / 1min surge / 7.5mins Faster x3 Sets	Rest and Stretch	Circuit 2/Short Intervals 45sec Easy / 90 sec Fast then 30sec surge x12 Sets	5-6km Easy run	Rest and Stretch	8km <i>Easy running</i>	Rest day
Turnaround time:	17mins		17mins				
7	Strength Based Warm Up/Long Intervals 2.5mins Easy / 1min surge / 9.5mins Faster x3 Sets	Rest and Stretch	Strength Based Warm Up/Short Intervals 45sec Easy / 75sec Fast then 30sec surge x16 sets	5-6km Easy run	Rest and Stretch	9km <i>Easy running</i>	Rest day
Turnaround time:	20mins		20mins				
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	10km Run day Kick butt!	Sleep in ;-)
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!							
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 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
	2.5mins Easy / 30sec surge / 5mins Faster x3 Sets		1min Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	Easy run		After 20mins do 30mins at 8/10 intensity or goal 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	
Turnaround 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	
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
	2.5mins Easy / 1min surge / 7.5mins Faster x3 Sets		45sec Easy / 90 sec Fast then 30sec surge x12 Sets	Easy run		Aiming for negative split (second half faster)	
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	12km	Rest day
	2.5mins Easy / 1min surge / 9.5mins Faster x3 Sets		45sec Easy / 75sec Fast then 30sec surge x16 sets	Easy run		Do 2nd Half at 8/10 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	10k 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 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 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				
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 x3 Sets		1min Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	Easy run		After 20mins do 30mins at 8/10 intensity or goal pace	
Turnaround time:	12mins		12mins				
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 x3 Sets		70sec Easy / 1min surge / 90sec Fast then 30sec surge x6 Sets	Easy run		After 20mins do 35m at 8/10 intensity or goal pace	
Turnaround time:	12min 30sec		12min 30sec				
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 x3 Sets		1min Easy / 1min surge / 90sec Fast then 30sec surge x7 Sets	Easy run		After 20mins do 35mins 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	12km run	Rest day
	2.5mins Easy / 1min surge / 6.5mins Faster x3 Sets		1min Easy / 90sec Fast then 30sec surge x10 Sets	Easy run		After 20mins do 35mins at 8/10 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
	2.5mins Easy / 1min surge / 7.5mins Faster x3 Sets		45sec Easy / 90 sec Fast then 30sec surge x12 Sets	Easy run		Aiming for negative split (second half faster)	
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	14km	Rest day
	2.5mins Easy / 1min surge / 9.5mins Faster x3 Sets		45sec Easy / 75sec Fast then 30sec surge x16 sets	Easy run		After 20mins do 35mins at 8/10 intensity or goal pace	
Turnaround time:	20mins		20mins				
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	10km Run day Kick butt!	Sleep in ;-)
Turnaround time:	23min 30sec		24min 30sec				
Notes:	* Circuit: Refer to Tab 1 on spreadsheet for these Strength Circuit Movements						