

Circuits - Running Times Videos

These circuits can be used in a variety of ways, but are primarily used when you want a low volume of running but a longer aerobic stimulus. I've used with this professional runners at the start of the season, replacing a hard 50-60 minute run with a hard 50 minute circuit. They covered roughly 30-35 percent of the distance on the track that they would have during the run, yet it was as challenging. You get both the metabolic stimulus and you get a musculoskeletal benefit - it's both "engine building" and "chassis strengthening."

The following videos show this workout being done at a track, but you can do it anywhere. And while the distances prescribed are 300m or 700m, those are used because this is done on a track - you could use any distance over 200m. All of this said, I think 300m runs are ideal for both high school athletes and adults/college athletes.

First, scan the QR code and watch both the Rationale video and the Intro to Circuits video. NOTE: The videos are in the correct order, but misnamed. The first video is "Intro to Circuits (part 2 of 3)" and the second video is also titled "Intro to Circuits (part 2 of 3)" yet the order in the YouTube playlist is correct.



First Video

1. Lateral Lunge: 10m down, 10m back
2. Body Squats x 10
3. Lateral Leg Lift: 8 x toe in, 8 x toe neutral, 8 x toe out (both sides)
4. Groaners x 10

Run 300m or 700m

1. Front Lunge x 10
2. Wide Outs x 10
3. Prone Pedestal x 30 seconds
4. Supine Pedestal x 30 seconds

Run 300m or 700m

(Cont. on next page)

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First Video

1. Backwards Lunge x 10 reps (5 per leg and ideally feet on a line)
2. Back and to the Side Lunge x 10
3. Prone Pedestal Leg Raise x 5 on each leg (10 total)
4. Supine Pedestal Leg Raise x 5 on each leg (10 total)

Run 300m or 700m

1. Burpies x 10 (don't jump)
2. Push-ups x 5
3. Iron Cross x 10
4. NOTE: no scorpions, but rather Groiners x 10

Second video

1. Lateral Shuffle x 20m down, 20m back
2. Body squats x 20 reps (ideally 1 per second)
3. Lateral Pedestal x 30 seconds
4. Lateral Pedestal (the other side) x 30 seconds

Run 300m or 700m

1. Front Lunge x 20 reps (10 each leg)
2. Russian Hamstrings x 20 each leg
3. Prone Pedestal x 30 seconds
4. Supine Pedestal x 30 seconds

Run 300m or 700m

1. Mountain Climbers: singles in x 20 reps
2. Mountain Climbers: singles out x 20 reps
3. Push-ups x 10
4. NOTE: No Scorpions, but instead do Groaners x 10

Run 300m or 700m

1. Burpies x 10 (don't jump)
2. Running Arms x 30 seconds
3. Lower Body Crawl x 30 reps
4. Australian Crawl x 30 seconds

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Third Video

1. Lateral Shuffle x 20m down, 20m back
2. Body squats x 30 reps in 30 seconds
3. Lateral Pedestal x 30 seconds
4. Lateral Pedestal (the other side) x 30 seconds

Run 300m or 700m

1. Rocket Jumps x 5 reps
2. Russian Hamstrings x 20 each leg
3. Prone Pedestal Leg Lifts x 5 reps each leg
4. Supine Pedestal Leg Lifts x 5 reps each leg

Run 300m or 700m

1. Mountain Climbers: singles in x 20 reps
2. Wide Outs x 20 reps
3. Mountain Climbers: singles outs x 20 reps
4. Rocky's x 5 reps (push-up with clap)

Run 300m or 700m

1. Burpies x 10 (don't jump)
2. V-sit with running Arms x 30 seconds
3. Note: No Scorpions - do Lower Body Crawl x 30 reps
4. Australian Crawl x 30 seconds