<div align="center">**SUGGESTED TRAINING SESSIONS**</div>

The sessions below were given to my sprint group – aiming to maintain general fitness and speed while group training is not available - for individual training at home or in a local park.

General Advice -
Try to set a regular pattern of exercise - decide ahead on days and times along with what you are going to do in the week ahead.
Aim for at least 3 sessions per week. Many of you will be capable of considerably more.
Spread out the sessions in the week.
Where I have listed suggested progression of circuits you should start at a level you are comfortable with but if it feels too easy you could jump a couple of levels next time or tone it down if too hard.
For all the exercises the emphasis should be on quality of movement rather than speed or number of reps.
Try to keep a record of what you do - its good to be able to look back and see what you have done and how you have progressed.
Running sessions should concentrate on speed and/or technique.

1. Body weight circuits

Squat thrusts (Press up position, jump both legs forwards and backwards)
Sit ups
Press Ups (maintain straight body alignment – don't sag in middle)
Squat jumps (Maintain straight body on jump up)
Tricep dips (you can use a solid chair or bench)

At least 3 times round. 20 to 40 seconds per exercise.

Suggested progession -   3 sets @ 20 seconds per exercise – 60 sec between sets
3 sets @ 20 seconds per exercise – 30 sec between sets
3 sets @ 30 seconds per exercise – 30 sec between sets
4 sets @ 20 seconds per exercise – 20 sec between sets
4 sets @ 30 seconds per exercise – 20 sec between sets
3 sets @ 20 seconds per exercise – no rest between sets
3 sets @ 30 seconds per exercise – no rest between sets
4 sets @ 30 seconds per exercise – no rest between sets
5 sets @ 30 seconds per exercise – no rest between sets

2. Leg Circuits

A leg circuit is made of 4 exercises.

The **first exercise** is prisoner squats. In a full leg circuit, you would do 20 prisoner squats (also referred to as body weight squats) trying to keep a rate of 1 a second. The key here is not just to make sure you go low enough but also to come up and fully extend at the hips.
The **second exercise** is alternating forward lunges. You are doing 10 on each leg or 20 total reps. The goal is again to keep a pace of one a second. This is more difficult to do while lunging.
The **third exercise** is Step ups. You can use a 12 – 18 inch box here and again are doing 10 on each leg or 20 total reps. Start with one foot on the box and **think about pushing off the top of the box** and fully

extending at the hips. A common mistake is pushing off the ground. You also should focus on having a full foot on the box.

The **fourth and final exercise** is jump squats. You need to do 10 reps of jump squats. (You should keep your hands at your side to emphasize leg and hip action.)

Circuit- 20 bodyweight squats

10 lunges with each leg (total 20)

10 step ups with each leg – use box or possibly bottom step of stairs (may be a bit low but still works)

10 squat jumps with good bounce

The above is one set.

Progression   3 sets with 30 sec between sets

4 sets with 30 sec between sets

3 sets with no rest between sets

4 sets with no rest between sets

5 sets with 20 sec between sets

5 sets with no rest between sets

3. RUNNING (for sprinters)

Speed -   Track if available or use park or football/rugby pitch

After normal warm up -   Short Sprints

eg   6 x 50m   Technique runs (80% effort) with 3 min rec

3 x (4 x 30m) flat out from standing start 2 min between runs and 5 min jog between sets

6 x 100m (or full length of pitch) 90% effort 8 min between runs

Notes

Use circuits to keep basic background fitness - two or three times per week

Running sessions – concentrate on short sprints, mostly near top speed, Once or twice per week.

Longer Run - possibly an easy run (not jog) for about 15/20 minutes - once per week

Spread the training out during the week

Hill sprints also possible if suitable hill available (not too steep) - sessions similar to short sprints above