

Given the new restrictions on exercise finding space to “train” safely is more challenging and you should only venture outside if you have access to somewhere where you will only be with close family and not in close proximity to anyone else. I have therefore adapted the suggestions to “home or garden” based and a safe “outside” space.

### **If you have decided to “run” as your permitted daily exercise and can do so safely.**

- Alternate jogging with dynamic stretching as you would in your normal warm up and add in high skipping, sidestepping, faster spells of short sprints, 2 footed jumps, hops, curvy snake runs, figures, snail runs, straight line runs with take offs and circle runs into this. You can build this up by increasing the length of time and the number of each of the different activities, dependant on whether this is your only daily exercise or you have space in the garden to do the plyo drills.

### **Garden based plyo session if you have the space.**

- 2 footed jumps over imaginary little hurdles. You can maybe make some if you can find any garden canes. Focus on flat feet and a nice straight pencil shape.
- 2 footed sideways jumps. Same focus.
- 1 footed jumps with similar numbers and focus.

You can link these together to mix thing up and change the session. I would write yourself your first session and things you are going to focus on and numbers you are going to do of each.

### **Box or step work**

- in house or garden find a step
- from ground level step onto the box with one leg and aim to finish in a strong high jump take off position
- focus on high knee and tall hips and a strong pencil shape
- stand on the step and jump off onto 2 feet or one foot jumping into the air

Build these up gradually especially the jump from the step. Focus on flat foot contact at all times.

### **Circuits and core**

- These can be done at home and you will already have circuits and exercises your coach will have given you can work on.
- There are examples of circuits on the club website from other coaches.

### **Tips**

- Decide what you are going to do in each session before you start and keep a training “log” of what you manage to do you on your phone

- Get in touch with others in your training group and arrange to do your circuits or core at the same time
- Involve your parents and siblings if you are all in lockdown
- Build up gradually and do not try to do more than you would normally do in your training sessions

**Scottishathletics have announced new September dates for championships and with league matches not likely to be rescheduled if cancelled make the end of season championships your target.**