

Distance Circuit Training
Phase explanation

Circuit Training T/Th

CT-I 8 exercises, 10 repetitions of each = 1 set Repeat the set 3x; 2 Min intervals between sets.

- Ex
1. Push ups X10 (for more difficulty do push up w/claps)
 2. Squat (body Wt)
 3. Sit ups
 4. trunk extensions
 5. Jumping Jacks
 6. "burpees"
 7. Jump Squat
 8. 4X50M form run

CT-II

1. push ups X15
2. split squat jump
3. sit ups X15
4. 1 leg hop 20m (both legs)
5. 2 leg hop 20m
6. lunge walk 20 m
7. Tricep -dips X10
8. Jumping jacks X 15

Phase I (First 5 weeks) Mileage, Strength, endurance

Phase II (Second 5 weeks) Speed, Speed endurance, race strategy

Phase III (Last 4 weeks) Quality speed, maintenance endurance

Weekly: 1 speed, 1 strength-endurance, 1 tempo, 1 Long Other days: Active recovery, rest