

Running Circuits

Make sure to watch all of the videos before you attempt the circuit. Scan the QR code to watch all four videos. Once you've gone through the circuit once, repeat until you reach the specified time for the workout.



First Video

Remember, run your long run pace to start as these circuits are challenging.

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

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



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Second Video

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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

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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

