

# Circuit Workout

This circuit workout focuses on general strength rather than running. It can be done instead of a workout or (for more advanced runners) after a workout as a general strength session.

1. 10 x Walking Deadlifts
2. 1' Plank
3. 10 – 20 push-ups

1. Jog 80-100m
2. Butt kicks – 30m
3. A Skip – 30m

1. 20 x Scorpions
2. 1' Side Plank (right)
3. 10 – 20 Lunges

Stride

Stride

1. 20 x Iron Cross
2. 10 – 20 Squats
3. 10 x Burpees

1. Jog 80-100m
2. High Knees – 30m
3. Straight Leg Run – 30m

1. 10 Donkey Kicks
2. 1' Side Plank (left)
3. 10 – 20 Supermans

## Suggestions for scheduling and execution:

- Start with #1 in the top left box and progress through all exercises numbered 1 following the arrows.
- Repeat with exercises numbered 2.
- Complete this routine on a soft surface such as an artificial turf or grass field.
- Progress from one exercise to the next, but don't rush.
- This is an advanced routine – decrease reps and time to make it easier.
- For added difficulty, perform the entire circuit barefoot.
- Do this routine after at least two miles of easy running.
- [How to run strides](#)