Estimated $vVO_2 = $	Name:	
If you are running 300's	and you know your 400 vVO <sub>2</sub> Pace take <sup>3</sup> / <sub>4</sub> of that pace a	s your fastest you are to run the
300:(+10 sec)	the slowest you should run the 300.	
3	be sure to get the following information for a great circuit	
should be able to run a 3	3200 meters in at this time of the season, (should be slower	than Goal vVO <sub>2</sub> Pace)
Current vVO <sub>2</sub> Pace:	, look on the chart and find your 700 vVO <sub>2</sub> Pace:	(+ 22 sec) =
Now write down your G	oal (what you hope to run at the end of the season)	
Goal vVO <sub>2</sub> Pace:	, look on the chart and find your 700 vVO <sub>2</sub> Pace:	(+ 22 sec) =

## I Circuit Workout

Normal Warm-up

1<sup>st</sup>, 5<sup>th</sup>, 9<sup>th</sup>, lap: Run 300/700 meters at a comfortable pace, next jog 30 meters and do the following exercises

- 1. 20 ice skaters
- 2. 10 body squats
- 3. 10 lateral leg raises, laying on your side left, left leg bent  $90^{\circ}$ , right leg in line with your body, right foot in toe pointing down position, raise right let 6-10 inches, stressing heel behind body line.
- 4. NEED PARTNER, in a squatted position, slightly extend your left palm to the mid line of your body while your partner does the same to make contact, hold for 30 seconds and switch.

2<sup>nd</sup>, 6<sup>th</sup>, 10th, Laps:

- 1. 30 second split leg stretch, get on your hands and knees, separate/split your knees as a far as possible, feel the stretch, now push your butt back for more of a stretch, make sure your head is up and your tail is up, count to yourself to 30
- 2. 10 wide outs, in a semi squatted position and feet together and hands held together chest high, jump and spread both legs out to the side and back.
- 3. Front plank for 30 sec...chin down or turned toward chest, never look forward or up.
- 4. Back plank for 30 sec. ...chin down or turned toward chest, never look forward or up.

3rd, 7<sup>th</sup>, 11<sup>th</sup> Laps:

- 1. Side lunge stretch position, place your hand above the knee of the straight leg, place the elbow above the knee of the bent leg, now press on the knee with the elbow counting to 30 by, 1000 and 1, 1000 and 21000 and 30
- 2. Get in the front plank pose and lift the right leg up and down 5 times then the left leg 5 times.
- 3. Get in a back plank pose and lift the right leg up and down 5 times then the left leg 5 times.

4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup> laps

- 1. 10 burpies or squat thrusts without the jump.
- 2. 10 times holding for 3 seconds, reverse push ups, lay down in a face up or supine position, bend your legs getting the heels close to the butt, arms 90 degrees to the body, with the elbows contacting the ground, may flex the forearm, push up so that contact by the body is with your butt and elbows.
- 3. 10 iron crosses, lie down in a supine (face up) position with your arms straight out, next take your right leg and bring it over toward you left hand for a count of one, now reverse and bring you left leg to your right hand for a count of 2, repeat until you get to 10.
- 4. 20 Isolated sit ups, get on your back, with your knees at 90 degrees, and your arms folded across your body, point your elbows to the sky and rich toward the sky.

Things to remember: Pace-be consistent or get faster, try and get up to 12 for 300's only 10 for 700's. Remember it is better to feel good by finishing all of the workout, so don't think that you have to run the 300's and 700's fast and not finish or you can't come back tomorrow and do a good workout, this should be a normal workout day. It also will take time for your body to adjust to the new workouts, give it time and know that you are going to feel sore, don't worry, that is what you want, because your body now knows what you expect it to do.

Distance	Lap	1	2	3	4	5	6	7	8	9	10	11	12	Date
700/300	Time													
700/300	Time													
700/300	Time													
700/300	Time													

Estimated $vVO_2 =$	Name:	
If you are running 300's and you kn	now your 400 vVO <sub>2</sub> Pace take <sup>3</sup> / <sub>4</sub> of that pace a	s your fastest you are to run the
300: (+10 sec) =	_ the slowest you should run the 300.	
should be able to run a 3200 meters <b>Current</b> vVO <sub>2</sub> Pace:, look Now write down your Goal (what your Goal)	get the following information for a great circuit in at this time of the season, (should be slower k on the chart and find your 700 vVO <sub>2</sub> Pace:	than Goal $vVO_2$ Pace) $(+ 22 \text{ sec}) = $

## **2** Circuit Workout

Normal Warm-up

1<sup>st</sup>, 5<sup>th</sup>, 9<sup>th</sup>, lap: Run 300 meters at a comfortable pace, next jog 30 meters and do the following exercises

- 5. 25 ice skaters
- 6. 15 body squats
- 7. Left and right side planks for 30 seconds both sides
- 8. 30 second, single leg stance, opposite leg 90 degrees, arms moving in running motion, then switch legs, you are to count 1000 and 1, 1000 and 2, and so on, you do not have to start over on your count, just start counting where you left off.

2<sup>nd</sup>, 6<sup>th</sup>, 10th, Laps:

- 5. Side lunge stretch position, place your hand above the knee of the straight leg, place the elbow above the knee of the bent leg, now press on the knee with the elbow counting to 30 by, 1000 and 1, 1000 and 21000 and 30
- 6. 30 isolated sit ups, get on your back, with your knees at 90 degrees, and your arms folded across your body, point your elbows to the sky and reach toward the sky.
- 7. Front plank for 30 sec
- 8. Back plank for 30 sec.

3rd, 7<sup>th</sup>, 11<sup>th</sup> Laps:

- 4. 20 mountain climbers
- 5. 10 times holding for 3 seconds, reverse push ups, lay down in a face up or supine position, bend your legs getting the heels close to the butt, arms 90 degrees to the body, with the elbows contacting the ground, may flex the forearm, push up so that contact by the body is with your butt and elbows.
- 6. 20 iron crosses, lie down in a supine (face up) position with your arms straight out, next take your right leg and bring it over toward you left hand for a count of one, now reverse and bring you left leg to your right hand for a count of 2, repeat until you get to 20.

4th, 8th, 12th laps

- 5. 30 second split leg stretch, get on your hands and knees, separate/split your knees as a far as possible, feel the stretch, now push your butt back for more of a stretch, make sure your head is up and your tail is up, count to yourself to 30
- 6. 30 seconds do running arms as fast as possible
- 7. 10 single leg bridges each leg, on your back, arms at your side, heels close to your butt, get on your right toe and straighten out your left leg, now raise your butt off the ground making your body straight, switch.
- 8. NEED PARTNER, in a squatted position, slightly extend your left palm to the mid line of your body while your partner does the same to make contact, hold for 45 seconds and switch.

Distance	Lap	1	2	3	4	5	6	7	8	9	10	11	12	Date
700/300	Time													
700/300	Time													
700/300	Time													
700/300	Time													

stimated $vVO_2 =$ Name:
you are running 300's and you know your 400 vVO <sub>2</sub> Pace take <sup>3</sup> / <sub>4</sub> of that pace as your fastest you are to run the
(+10  sec) =  the slowest you should run the 300.
you are running 700's be sure to get the following information for a great circuit workout, current is what you think you
hould be able to run a 3200 meters in at this time of the season, (should be slower than Goal vVO <sub>2</sub> Pace)
urrent $vVO_2$ Pace: , look on the chart and find your 700 $vVO_2$ Pace: $(+22 \text{ sec}) =$
ow write down your Goal (what you hope to run at the end of the season)
oal $vVO_2$ Pace: , look on the chart and find your 700 $vVO_2$ Pace: $(+22 \text{ sec}) =$
- · · · · · · · · · · · · · · · · · · ·

## 3 Circuit Workout

Normal Warm-up

1st, 5th, 9th, lap: Run 300 meters at a comfortable pace, next jog 30 meters and do the following exercises

- 9. 30 ice skaters
- 2. 15 isolated sit ups each leg, get on your back, with your knees at 90 degrees, place your right hand behind your head, and have your right hand stretched out toward your left knee, as you do your sit up, rotate toward your left knee having your right hand go past your left knee and back down, reverse 15 times.
- 3. Left and right side planks for 30 seconds both sides
- 2<sup>nd</sup>, 6<sup>th</sup>, 10th, Laps:
  - 9. 5 rocket jumps. Place hands on your hips and jump into the air 5 times.
  - 10. 15 single leg bridges each leg, on your back, arms at your side, heels close to your butt, get on your right toe and straighten out your left leg, now raise your butt off the ground making your body straight, switch.
  - 11. 30 second split leg stretch, get on your hands and knees, separate/split your knees as a far as possible, feel the stretch, now push your butt back for more of a stretch, make sure your head is up and your tail is up, count to yourself to 30
- 3rd, 7<sup>th</sup>, 11<sup>th</sup> Laps:
  - 7. 20 mountain climbers
  - 8. 20 wide outs, in a semi squatted position and feet together and hands held together chest high, jump and spread both legs out to the side and back, always trying to stay low.
  - 9. 10 times holding for 3 seconds, reverse push ups, lay down in a face up or supine position, bend your legs getting the heels close to the butt, arms 90 degrees to the body, with the elbows contacting the ground, may flex the forearm, push up so that contact by the body is with your butt and elbows.
  - 10. Side lunge stretch position, place your hand above the knee of the straight leg, place the elbow above the knee of the bent leg, now press on the knee with the elbow counting to 30 by, 1000 and 1, 1000 and 21000 and 30
- 4<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup> laps
  - 9. 10 burpies or squat thrusts without a jump, be sure to raise your arms in the air instead of the jump.
  - 10. 30 seconds, get in the V sit up position, try and have your legs straight, while in that position move your arms in a fast running motion
  - 11. 20 iron crosses, lie down in a supine (face up) position with your arms straight out, next take your right leg and bring it over toward you left hand for a count of one, now reverse and bring you left leg to your right hand for a count of 2, repeat until you get to 20.
  - 12. 30 second, single leg, opposite leg 90 degrees, eyes closed, then switch legs, you are to count 1000 and 1, 1000 and 2, and so on, you do not have to start over on your count, just start counting where you left off.

Distance	Lap	1	2	3	4	5	6	7	8	9	10	11	12	Date
700/300	Time													
700/300	Time													
700/300	Time													
700/300	Time													

If you are	vVO <sub>2</sub> = running	300's	and you	know y	our 400	$vVO_2$ P	ace tak	e 3/4 of	that pac	e as you	r fastest	you are	to run t	he
300:	(+10	sec) =		the	slowest	you sho	uld run	the 300						
If you are a Current is Goal vVO Now write find your 7	what you 2 Pace) v down y	u think VO <sub>2</sub> F our Go	you sho Pace: oal (wha	ould be , l t you ho	able to r ook on tope to ru	un a 320 the char n at the	00 mete t and fir end of	ers in at	this tim 700 vV	e of the s O <sub>2</sub> Pace:	season, s	should b (+ 22 s	e slowe sec) =	
	4	Ciı	cui	t <b>W</b> o	orko	ut								
Normal W	arm-un													
$1^{st}$ , $5^{th}$ , $9^{t}$			0/700 m	eters at	a comfo	rtable pa	ace, nex	at jog 30	0 meters	s and do	the follo	owing ex	xercises	
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2 <sup>nd</sup> , 6 <sup>th</sup> , 10t			i your o	att back	101 11101	c or a si	ircicii, c	ount to	yourser	1 10 50				
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				•	•	and fee	t togetl	er and l	ands he	eld togetl	ner ches	t high, j	ump and	d spr
	th legs o			and bacl	ζ.									
	ont plan													
3rd, 7 <sup>th</sup> , 11	ick plank	c for 6	u sec.											
	Laps. x 20 seco	and hir	d dog n	ncec										
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										ght leg, p				
the	e bent le	g, now	press o	n the kn	ee with	the elbo	w cour	ting to	40 by, 1	000 and	1, 1000	and 210	000 and	30
4 <sup>th</sup> , 8 <sup>th</sup> , 12 <sup>th</sup>	" laps	,	1 /1 1			1 1	•.1	. 1 . 1		00.1	1	1.0	1 .	
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Distance	Lap	1	2	3	4	5	6	7	8	9	10	11	12	D
700/300	Time													
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700/300	Time													
700/300														