

Circuit Workouts

Circuit Workout I: Carry out 12-15 minutes of light jogging (with parts of the Special Warm-Up, if possible) to warm up, and then perform the following exercises in order. Move quickly from exercise to exercise, but don't perform the drills overly quickly (don't sacrifice good form to get them done in a hurry). The idea is to do each exercise methodically and efficiently – and then almost immediately start on the next exertion.

- (1) Run 400 meters at an intense pace (5-K race pace feeling), staying relaxed
- (2) Do 10 chin-ups (or a different exercise which involves pulling up the body, for example under bleacher steps)
- (3) Complete 50 ab crunches
- (4) Perform 15 squat thrusts with jumps (burpees)
- (5) Do 10 push-ups
- (6) Complete 20 body-weight squats (fast)
- (7) Run 400 meters intensely again, staying relaxed at all times
- (8) Do 12 squat and dumbbell presses (with 10-pound dumbbells)
- (9) Complete 8 feet-elevated push-ups
- (10) Perform 50 low-back extensions
- (11) Do 15 bench dips
- (12) Complete 10 lunges with each leg
- (13) Run **800** meters quickly, staying relaxed
- (14) Repeat steps 2-13 one more time (for two circuits in all), and then cool down with 2 miles of light jogging.

Here are explanations of some of the exercises in the circuit (my apologies if you already know them):

To carry out body-weight squats, stand with erect posture and your feet directly below your shoulders. Then, go into a squatting position, so that your thighs are roughly parallel with the ground. As you do so, it's OK to let your upper body incline forward a bit. Return to the standing position, and you have concluded one rep.

To complete squat and dumbbell presses, do the body-weight squats, but hold dumbbells in your hands – directly in front of your shoulders. Your hands should be turned inward, so that the palm sides of your hands are facing each other (the grip on each dumbbell will make a straight line directly forward from your shoulder). Once you have returned to the standing position from the squat, “press” the dumbbells directly overhead, straightening your arms in the process. After you return the dumbbells to shoulder position, you have completed one rep.

Feet-elevated push-ups are normal push-ups, except that your feet are elevated (on a bench, chair, or wall).

To perform bench dips, seat yourself on a bench or chair, with your hands at your sides. Your hands should be gripping the front edge of the bench or seat. While keeping your hands in the same position, slide forward off the chair and put your feet as far forward as possible, so that all of your body weight is supported only by your hands and the heels of your extended feet. Then, simply lower your buttocks to the floor (or almost to the floor), and bring yourself back up again to complete one rep.

To do low-back extensions, lie on your stomach, with your arms by your sides and your hands extended toward your feet, with palms touching the floor. To achieve the basic starting position, contract the muscles at the back of your neck, so that you are gazing forward and upward. A rep is simply a contraction of your low-back muscles which lifts your trunk well off the ground, followed by a slow easing of your torso back to the floor.

Lunges are simply exaggerated steps. Begin with erect posture and your feet directly under your shoulders. You should be relaxed, as though you were about to run. Then, step forward with one foot, taking a slightly longer step than usual. After this forward foot makes contact with the ground, go into a squatting position, so that the thigh of the forward leg becomes almost parallel with the ground (it's OK to let your upper body incline forward a little bit as you do so). Return to the starting position (feet back under your shoulders, erect posture), and you have completed one rep.

Circuit Workout II: Please complete the following:

(1) **Jog** easily for about 10 minutes.

(2) **Walk on your toes** with your toes pointed straight ahead for about 20 meters, getting as high up on your toes as you possibly can. Your legs should be relatively straight as you do this, and you should take fairly small steps. Then, cover another 20 meters high up on your toes, but with your toes pointed outward about 45 degrees or more. Your legs should rotate outward *from the hips* when you perform this movement; don't merely turn each foot at the ankle. Your whole leg should be involved in the rotation. Finally, walk another 20 meters high on your toes, but with your toes pointed inward. As you do so, rotate your legs inward at the hips, not just your ankles.

Repeat each of these activities (toes pointed ahead for 20 meters, toes pointed out for 20 meters, toes pointed in for 20 meters) one more time before moving on to the next exercise.

(3) **Walk on your heels** with your toes pointed straight ahead for about 20 meters, getting as high up on your heels as you possibly can. Your legs should be relatively straight as you do this, and you should – at least initially – take fairly small steps. Then, simply do what you did with the toe walks, walking 20 meters on your heels with your toes pointed outward and then 20 meters on your heels with your toes pointed inward. Repeat each of the heel walks (toes straight ahead, toes pointed outward, toes headed in) one more time.

(4) Next, **skip** for about 20 meters, landing in the mid-foot area with each contact with the ground, and with your toes pointed straight ahead. Then skip for 20 meters with your toes pointed out, followed by 20 meters with your toes pointed in.

(5) Begin “**spring-jogging**” along with short, very springy steps, landing in the mid-foot area with each contact and springing upward after impact. As you do this, your ankles should act like coiled springs, compressing slightly as you make your mid-foot landings and then recoiling quickly – causing you to bound upward and forward. Move along in this manner for one minute with quick, little, spring-like strides, alternating your right and left foot as you would do during regular running. After this minute is completed, jog in your regular manner for about 10 seconds, and then “spring-jog” for about 20 meters, alternating three consecutive spring-like contacts with your right foot with three contacts with your left (i. e., three hops on your right foot and then three hops on your left, three more on your

right, etc., until you have traveled 20 meters). Jog in your usual manner again for 10 seconds, and then hop along for 20 meters on your right foot only, before shifting over to your left foot for 20 meters (make certain you land in the mid-foot area with each ground contact). As you become stronger and more skilled at this, you can increase the length and quickness of each hop. *Be certain that the leg is fairly straight for all spring-jogging: almost all of the propulsive action should occur at the ankle.*

(6) Next, carry out **dorsiflexion bounces**. To do these, simply begin jumping vertically and repetitively to a moderate height, landing in the mid-foot area with both feet and then springing upward quickly after each contact with the ground. The interesting part of this exercise is that you should “dorsiflex” your ankles – pulling your toes toward your shins – on each ascent, before you begin falling back toward *terra firma* (on the other hand, you should plantar-flex your ankles slightly, i. e., point your toes, just before making contact with the ground, so that you land on the balls of your feet). Complete 12 dorsiflexion bounces, rest for 10 seconds, and then carry out 12 more. Later, you will do this exercise on one foot at a time.

(7) Complete some **rhythm bouncing**. Start by completing 10 jumps in place at a moderately fast speed, with medium height (don’t try for maximum verticality, as you would if you were trying to dunk a basketball, for example). Utilize maximal motion and action at the ankles – but very little flexion and extension at the knees and hips. After resting for a few seconds, change the amplitude (height) of your jumps to less than an inch, and complete 20 jumps as fast as you possibly can (pretend that your feet are hitting a hot stove, so that you must minimize ground-contact time). Again, almost all of the action should be taking place at your ankles, not at your knees and hips.

(8) **Run 200 meters very powerfully yet with completely relaxed form**, recover by jogging for 30 seconds, and then **run 200 meters powerfully again**. Jog for 30 seconds to recover, and then

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(9) Run 400 meters at an intense pace, staying relaxed

(10) One-leg squats (8 on each leg, just body weight for resistance)

(11) Burpees (20)

(12) Two-leg squat and dumbbell presses with 10-lb dumbbells (12)

(13) Run 800 meters quickly, staying relaxed

(14) Lunge twists (12 per leg)

(15) Feet-elevated push-ups (10)

(16) “Walk” 30 meters on hands and toes

(17) Partial squats (10 per leg)

(18) Run 800 meters quickly, staying relaxed

(19) Repeat steps 10-18 one more time (for two circuits in all), and then cool down with 1.5 miles of light jogging (5.25 with 2.5 quality)