

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

Friday '26challenge' Aerobic Circuit

Our circuit this week comes with inspiration from the London marathon and the #26challenge charity event. Over recent weeks our circuits have been all high intensity, anaerobic energy system dominant. This type of circuit could be used as a replacement for going out on a steady run.

"It's time to take the intensity down and focus on the Aerobic system, as with the Marathon"

- **Equipment:** chair or step

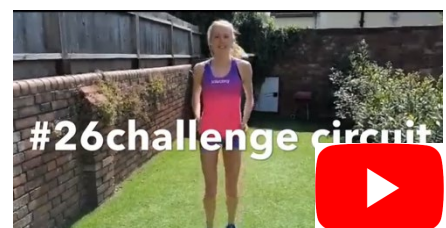
The Session:

This is a continuous 26-minute circuit, with a 12 second sprint finish.

- 5 main exercises with jogging on the spot during the 'recovery'.
- After a good warm up, start your watch or countdown timer for 26 minutes.
- The first minute will be jogging on the spot, preparing your heart and lungs for what's to come.
- Then, starting every minute, perform each exercise for 40 seconds at a steady speed followed by 20 seconds jogging on spot between each exercise.
- Repeat x 5
- After 26 minutes elapses finish with 12 seconds of sprinting on the spot for your 0.2mile Mall sprint finish!

THE EXERCISES:

1. High Knee to Arabesque. (20 seconds each leg)
2. Squat
3. Step up alternating
4. Alternating Cossak squat
5. Shoulder touch to split Thrust. (in press up position)



Check out how Charlotte, Jenny & Clara got on with the circuit!

As with all circuits you can substitute your own exercises in for level and specificity. Times can be adjusted to 30/30 to make easier or even 50/10 to make harder. Remember to try to stay at a level where you can still talk while exercising or sing along to your favourite tunes!

Show us your sprint finishes!