

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

'Spartan' 300/400/500

"I take fitness inspiration from all my experiences all over the world. Simple concepts get rebranded and recycled over decades and called things like HIIT or EMOM or WODS when these same workouts have been used for years by coaches and athletes in all sports who know that there's no real secret and no real shortcut on the road to general physical fitness. The inspiration for this circuit comes from a strength gym owner that I am fortunate enough to have known since school days. It can be adapted personally by anyone, for specificity, level or ability, using equipment or just body weight, and built up over weeks until the final 500 can be achieved."

Fyn Corcoran

The Session

As with all great circuits, it's very simple. On your own, or with partner (real or virtual!)

- Pick 6 / 8 / 10 exercises.
- Perform 10 reps of each, repeat x 5.
- Short rest between exercises quick drink between sets. Perform with family member take turns and rest while partner works
- 6 exercises will give you 300 reps, 8 will be 400 and 10 exercises will be the full 'spartan 500'

NB - Try to include, upper body, lower body, jump and sit ups. Try to use some big movement exercises.

The Exercises

Some examples of exercises you could use:

Body weight: Press up, Sit up (all variations), Burpee, squat thrust, mountain climbers, speed skate, air squat, lunge (all variations and directions), lunge jump, chair dips, high knees, squat jumps, pull ups, step ups and variations. Crawls (10m)

Light equipment: Ball slam, ball wall throw, wall ball squat, banded pulls, banded/ weighted squat and lunge variations, kettlebell swing/ snatch/ clean/ overhead press, tyre flip, sledge hammer tyre, dumbbell exercises, box jumps. All medicine ball throws. Wood choppers

Heavier equipment: bench/floor press, clean/ clean and press, most dumbbell/ barbell/ kettlebell exercises (keep light)

Use your imagination and let us know how you get on and your favourite combinations and favourite online workout buddies!

'Spartan' workout, Welsh Athletics 2020