

# THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS  
ATHLETAU CYMRU

## Work Capacity Circuit: General Physical Preparedness

General Physical Preparedness is a vital part of any athletes training and forms the foundations on which the rest of the training is built. It enables the athletes to tolerate a greater capacity of work without becoming injured therefore increasing performance.

In recent times many coaches have taken onboard the current information from the leading sports physiologists, Bio mechanists and top coaches and begun to implement these ideas in their training, whilst forgetting what must precede all of this. Athletes must earn the right to train hard.

In the following weeks we'll look at some simple circuits that can be added to the end of training sessions in order to add work capacity. They can also be used on their own. Combined events athletes will find these particularly effective as they help provide the all-round fitness and mentality to be able to sustain levels of performance over 2 days and also help with perception of exertion and build cardio vascular capacity for the 800-1500m without overloading running sessions.

### The Circuit

This first circuit has come from the old East German Regimes and has come to me Via Rafer Joseph, a former Commonwealth games decathlete and now international coach.

- 6 exercises.
- 15 seconds each exercise, transition directly to next.
- 1 min 30seconds total. Rest 3 minutes and repeat x3



### The Exercises

Each exercise can be scaled individually if athlete has physical or age / stage limitations.

Full Exercises	Scaled back
1. Half squats	<i>Half squats</i>
2. split jumps	<i>Stationary lunge pulse, swapping halfway</i>
3. squat thrusts (flat back, knees to elbows)	<i>Hands on chair squat thrust</i>
4. Haunches squat jumps (bum to heels when down, touch floor with hands)	<i>Normal squat jump/ Deep squats</i>
5. Treadmills/ mountain climbers (knees to elbows)	<i>Hands on chair mountain climbers</i>
6. Burpees (Bum to heels on way down as with jumps, knees to elbows on way up)	<i>Chair burpies w.jump/no jump</i>