

Endurance Circuits

Looking for a change in some of your workouts? Here are some workouts that combine cardiovascular work along with strength exercises. Efficient workouts that are a welcome change from some of the traditional training that you have been doing and a good way to stay active with the end of the racing season.

Fitness Run: Combines running with calisthenics (you can also do this at a fast walking pace). I enjoy doing this workout when on vacation or when I don't have access to a gym. The workout goes as follows: 5-10' easy warm-up jog. Then stop and do one of the exercises listed in the table. Once you complete the exercise, start running again for 2', then stop and do the next exercise. Repeat sequence. Try to do 2-3 full circuits so that you have 30-40' of continuous work. The goal is to keep moving. The 2' run between exercises can be done at an easy-moderate pace. Adjust reps of exercises to your fitness level (add or reduce to make challenging). You can substitute exercises in for those that I have listed. Follow workout with at least 5' of easy cool-down (walk or light jog) followed by stretching.

Run	Exercise	Reps
5-10' Warm-up	Jumpies or body squats.	15-20
2' Run	Push-ups	10-20
2' Run	Jumping Jacks	20-30
2' Run	Toe Touches	20-30/side
2' Run	Crunches	20-30
Repeat Circuit	2-3x	

Other exercises that can be added: Lunges, Mountain Climbers, Step-ups (on a bench), Squat Thrusts, Bench Push-ups. You can

add some of these exercises on the second or third set.

Erg/Bike Circuit: Similar to the Fitness Run, but you use the erg or bike for your cardiovascular work. Since you may be doing this at the gym, you may have more options for strength exercises (weights/dumbbells, medicine balls/stability ball). If you don't have access to equipment, then do the same exercises as the Fitness Run. Pace for the erg should be a steady state pace. You are just trying to keep moving for 30-40'. Make sure follow workout up with a cool-down and stretching.

Erg/Bike	Exercise	Reps
10' Warm-up	(legs) DB Squats	15-20
2-4' Erg or Bike	(chest) DB Bench Press or Push-ups	10-20
2-4' Erg or Bike	(hams) leg curls or SB Hip extension/leg curl	15-20
2-4' Erg or Bike	(back) rows	15-20
2-4' Erg or Bike	(arms/shoulders) curl/OH press combo	15-20
2-4' erg	(torso) crunches	20-30
Repeat Circuit	2-3x	

Other exercises that can be added: (triceps) dips or tricep extensions, calf raises, lateral crunches, pull-ups, chin-ups. You can add some of these exercises on the second or third set.