The idea is to do each exercise for a minute, followed by a 10 second rest, until you have completed all 12 exercises. Take a break, and then repeat. The really hardcore can do 3 sets: I personally prefer to do 2 sets, twice a week, either on their own or after a cross training session/very easy run. Of course, you can also cut down the time if you prefer (30 or 45 secs). As ever, please don’t exercise if you feel unwell and observe social distancing. I’ve included links to demonstrations of some exercises, and a few key points, in case you’re not sure what I mean or want to check technique. Let’s use this break to get stronger, prevent injury, and hopefully ‘zoom’ out of lockdown fit and ready to race!

Circuit – do each exercise for 1 min (or 45/30 secs), with a 10 sec rest between exercises. Rest after each set, and then repeat.

**1. Mountain climbers**

Bring your knees as close to the inside of your elbow as you can. Engage your core, and try to look ahead – your body should be in a straight line.

<https://www.youtube.com/watch?v=WChWje4JZRA>

**2. Squats**

Try to really active your glutes, and push up from your bum ☺ You can squat with a weight/kettlebell if you have one.

**3. Plank**

Make sure you keep a straight line from your head to your toes – don’t cheat by raising you bum higher than your back!

<https://www.youtube.com/watch?v=EaRJUVAEZPM>

**4. Clams**

If you like, you can do this with an exercise band around your thighs, to add resistance. Focus on keeping your hip stable and aligned with your shoulders; don’t tilt it too far back. To help with this I keep my hand on my hip bone while I clam so I can feel if I’m cheating…

You can either stack your feet one on top of another, or, to make it harder, float your foot slightly so that it isn’t resting on your other foot.

<https://www.youtube.com/watch?v=m7RyKQV4XhE>

**5/6. Side Plank** (x2 – one each side)

<https://www.youtube.com/watch?v=EaRJUVAEZPM>

**7. Russian twists**

Make sure your head follows your arms, to get the twist. Keep your feet slightly elevated off the floor. If you like, you can add a weight to make this trickier (by rep 3 you may regret this!)

<https://www.youtube.com/watch?v=D06-xTzkg0M>

**8. Burpees**

**9. Tricep dips**

This can also be done with your hands resting on a chair or garden bench – this makes it harder as you have further to drop.

<https://www.youtube.com/watch?v=g9www9dDeDM>

**10/11.Single leg dead lifts (x 2 – both sides)**

To make this harder, you can do it holding a weight. Focus on making sure you aren’t just leaning forward – the bend should come from your hip.

<https://www.youtube.com/watch?v=g9www9dDeDM>

**12. Press ups**

Rest, repeat, until you have done 2 sets (24 mins) or 3 sets (36 mins).