

# VitiWay: Running Efficiency Circuit



## Purpose

Use these to build run specific fitness, if you need to stay off feet for injury or training load reasons.

They can also be added each week to low intensity days, to keep building run capacity.

## Equipment

None needed / some simple equipment if available

## Guidelines

- 1 round = 8 x 16sec work /4-6sec rest (about 2min40sec)
- Use 2-5 rounds with 60sec rest (6 to 20min)
- Use 4 exercises in each round and repeat twice. You can vary the selections

## Exercises

Exercise	Variation	Coaching Focus
Wall Slide Hip Lock (R&L)	DB, elbow up, jerry style, low box step up style)	
Sugimotos (both)	Long with hold, or faster continuous	
Wall lock-outs (R&L)		
Foot on Box – Hip Rolls (R&L)		
Stick Overhead – SkipOver low hurdle (R&L)	Use stick / plate / AB	
Giant Arm Swings (both)	Slow to fast. All fast. All slow and big.	
Dead Fish Rolls (both)	Use ball / plate / nothing	

- Simple Wall slide hip lock variations (free, elbow style, jerry style, low box style)
- Wall spindle variations
- Arms swing – Giant Swings
- Foot on box hip rolls with big arm swing
- Stick Overhead Skip Overs (use mini hurdle, football, pad etc)
- Dead fish rolls