**CIRCUIT WORKOUT #1**

All freshmen, all first-year runners, all girls, anyone coming back from recent injury

Run 5 minutes easy.

Split up into evenly sized groups.

Work at each station for 4 minutes, repeat exercises until the 4 minutes are up and then rotate.

Rest 1 minute between stations.

For workout #1, there will be 6 stations. Total workout time 30 minutes

**STATION #1**

Jumping jacks X 15

Front plank – hold 30 seconds

Forward lunge X 5 each leg

**STATION #2**

Shuttle run.. 5 yards, 10 yards, 15 yards

Body weight squats X 15

Fire Hydrants – 10 each side

**STATION #3**

High knees run in place X 20 seconds

Side plank – dipping each hip 5 times and raising back to plank position

Single leg balance, knee up, swing arms – 15 seconds each leg. Stare at one spot to maintain balance.

**STATION #4**

Sideways shuffle… 25 yards out, 25 yards back leading with opposite leg

Lateral leg raises - raise up smoothly and lower on a count of three X 10 each leg

Calf raises off a step/curb – 5 toes forward, 5 toes out, 5 toes in

**STATION #5**

Single leg hop, 5 yards out, switch legs 5 yards back X 2. Stay on your toes. Smaller hops are better.

Partner push ups – slap hands with a partner doing push ups facing you. 5 reps. On knees if needed.

Superman / banana – 30 seconds

**STATION #6**

50 yard form strider, slow jog back

Bridge – hold form for 30 seconds with focus on glutes

V-SIT – arms in running motion. Balance for 30 seconds