

CHRISTOPHER NEWPORT UNIVERSITY TRACK & FIELD

CONDITIONING CIRCUITS

Friday Special	Out-Back Circuit
<p><i>1-2 sets; 30-60 sec stations; 10 sec transition</i></p> <p>Push-ups Dot Drills A Mountain Climbers Crunches In-Place High-Knees Back Crunches Mountain Climbers Dot Drills B Diamond Push-ups</p>	<p><i>1-2 sets; 30-60 sec stations; 50m acc. transitions</i></p> <p>Push Ups Crunches Squat Thrusts 2-Point Static Holds (each foot-hand pair) Single Leg Half Bridges (each leg) Lateral Cone Jumps Back Crunches Diamond Push Ups</p>
Body Weight Strength Circuit	Med Ball Strength Circuit
<p><i>1-2 sets; 30-60 sec stations; 10 sec transition</i></p> <p>Wall Sit Push Ups Narrow Stance Deep Squats Body Rows Lunges (alternate legs) V-Push Ups (incline bench/shoulder press angle) Single Leg Squats (alt legs) Pull Ups Single Leg Half Bridges (each leg)</p>	<p><i>1-2 sets; 10-15 reps each; (these exercises are done with partners)</i></p> <p>Kneeling Horizontal Chest Passes Kneeling 45° Chest Passes Kneeling Overhead Passes Deep Jump Squats w/ Vertical Push Standing OHB (with jump for height) Standing Hammer Throws (alt directions) Straight Leg Ankle Toss (each direction)</p>
Lower Body MB Strength Circuit	Upper Body MB Strength Circuit
<p><i>1-2 sets; 30 sec transitions; 6min between sets</i></p> <p>Duck Walks (2x25m) Standing OHB (10 reps) Sideways Duck Walks (2x25m) Standing BLF (10 reps) Crab Walks (2x25m) Single Leg Squats (10 reps each) Med Ball Lunge Walks (2x25m) Tuck/Split Jumps (30 sec. each)</p>	<p><i>1-2 sets; 30 sec transitions; 6min between sets</i></p> <p>Kneeling Horizontal Chest Passes (10 reps) Kneeling 45° Chest Passes (10 reps) Inchworm Walks (2x25m) Kneeling Overhead Passes (10 reps) Long Snaps (10 reps) Wheel Barrel/Walrus Walks (2x25m) Overhead Hook Throws (10 reps each) Hammer Throws (5 reps each) Push-Ups (30 seconds)</p>
Pool Circuit	Pool Plyos (Shallow Water)
<p><i>1 min rest between stations and sets</i></p> <p>Shallow Water Run (2min forward, 2min backward) Underwater Swim (1 length, pop up & breathe if necessary) On Deck (2min Abs, 2min Push-ups) Tread Water (5min) Half Deck (2min Leg Lifts, 2min Triceps) Deep Water Run (5min) High Knee Run (across and back)</p>	<p><i>1 min rest between sets</i></p> <p>High Knee Run (across and back) Double Leg Hops (in place, 1min) Alternating Split Jumps (in place, 1min) Single Leg Hops (across and back, each leg) Bounds (across and back) LLR (across) RRL (back) RRL (across and back) A-Skips (across and back) High Knee Run (across and back)</p>