

ROAD RUN LAMP POST WORKOUT



Try to find a route around your area that is around 1 mile in distance.

Lamp posts are spaced out between 30 – 35m apart. This can be on both sides of the road.

Always start these workouts with a warm-up. Start by fast walking to the first lamp post then jog to the next lamp post.

These lampposts maybe on opposite side of the road.

Option 1. Jog to the 1st lamp post. 75% of max pace to the next post. Sprint to the next post. Slow down and walk to the next post. Repeat for the remainder of your course.

Option 2. Jog doing heel flicks to the 1st post. Jog to 2nd post doing high knee lift.

Sprint to the 3rd post. Jog to the 4th post. Repeat for the rest of your course.

Option 3. Jog to the 1st. Sprint to the 2nd post. Walk back to the 1st post.

Repeat all the way around your course.

Option 4. Jog to the 1st post. Sidestep to the next post (5steps each way). Sprint to the 3rd post.

Repeat around the course.

Option 5. Jog to 1st post and do 10 x each box jumps (knees to chest).

75% max pace to 2nd post and do 10 x each jumping jacks.

Sprint to 3rd post followed by walking to the 4th post. Repeat all the way home.