

## Circuit Plan and Activities for Athletes

This resource is intended as a supporting guide for coaches and includes a progressive circuit plan, along with recommended warm up and cool down games.

### Safety Considerations:

- These activities are intended to be run in an open space or large hall
- Ensure athletes are wearing suitable clothing and footwear
- Age profile of athletes should be considered in advance of running any activity

For videos of the exercises below check out [Paul Talty's Workouts](#) on the Swim Ireland YouTube Channel

<b>4 Easy Steps to Build a Circuit</b>
<b>Step 1</b>
Pick one exercise for each of the following
- Upper body
- Lower body
- Trunk
- Whole body/High Energy
<b>Step 2</b>
Determine work and rest periods that allow for work to rest ratios of roughly 2:1 - 3:1
<b>Step 3</b>
Choose a total number of sets/blocks of work/exercise based on the total work time you are looking to achieve
- 30-40 mins total session length is a good aim
<b>Step 4</b>
Progress week on week by one or a combination of the following:
- Manipulating the work and rest periods
- Manipulating the number of reps
- Increasing the total session duration

<b>Week 1</b>			
<b>Exercise</b>	<b>Work</b>	<b>Rest</b>	<b>Rounds</b>
<b>Block 1</b>			
Jumping Jacks	45sec	15sec	2
Row (band or DB)			
1/2 Squat			
Plank			
90sec rest			
<b>Block 2</b>			
Mountain Climber	45sec	15sec	2
Yoga Press Up			
Lunge			
Plank Walkouts			
90sec rest			
<b>Block 3</b>			
Burpee*	45sec	15sec	2
Press Ups			
RDL			
Side Plank			
Total Time = 27 mins			
*Burpee could be completed with or without a jump			

<b>Week 2</b>			
<b>Exercise</b>	<b>Work</b>	<b>Rest</b>	<b>Rounds</b>
<b>Block 1</b>			
Jumping Jacks	50sec	10sec	2
Row (band or DB)			
1/2 Squat			
Plank			
90sec rest			
<b>Block 2</b>			
Mountain Climber	50sec	10sec	2
Yoga Press Up			
Lunge			
Plank Walkouts			
90sec rest			
<b>Block 3</b>			
Burpee*	50sec	10sec	2
Press Ups			
RDL			
Side Plank			
Total Time = 27 mins			
*Burpee could be completed with or without a jump			

<b>Week 3</b>			
<b>Exercise</b>	<b>Work</b>	<b>Rest</b>	<b>Rounds</b>
<b>Block 1</b>			
Jumping Jacks	50sec		3
Row (band or DB)			
1/2 Squat			
Plank			
90sec rest			
<b>Block 1</b>			
Mountain Climber	50sec	10sec	3
Yoga Press Up			
Lunge			
Plank Walkouts			
90sec rest			
<b>Block 3</b>			
Burpee*	50sec	10sec	3
Press Ups			
RDL			
Side Plank			
Total Time = 27 mins			
*Burpee could be completed with or without a jump			

## Warm up/ Cool down games

### **Name: Jumping Rabbits**

Aim: Agility, speed and balance

Equipment: Cones

Time: 5-10 minutes

- Divide groups into pairs or teams of four
- Place cones three metres apart
- First athlete hops on right from on right leg from one cone to the other and back. Repeat until all athletes have had a turn
- Repeat on left leg
- Athletes should be encouraged to keep their head up

### **Name: Ship-Deck-Shore**

Aim: Agility, speed

Equipment: Cones

Time: 10 minutes

- Mark out each the areas with cones, (ship, deck, shore)
- Athletes line up in one area, i.e. ship
- Call out the area, the athletes must run to the area

#### Variations

- Climb the ropes – athletes pretend they are climbing a rope, arms reaching up, high knees
- Scrub the deck – athletes drop to the ground to do mountain climbers/ press ups

**Name: Jump the river**

Aim: Agility, speed, jumping

Equipment: Cones, mats

Time: 10 minutes

- Divide the group into teams
- Set out course with a start and finish point, and mats lying lengthways (i.e. long end)
- When the athlete comes to a mat, they must jump over it. If they land on the mat they get 'wet' and have to do five jumping jacks/ press ups.
- Winner team is first to finish.

**Variations**

- Vary getting 'wet' activity based on age and ability of group
- Increase number of mats

**Layout****Name: Killer Wink**

Aim: Movement

Equipment: none

Time: 5-8 minutes

- Athlete stand in a close circle facing inwards with their eyes closed
- Coach walks around the outside of circle and taps the killer (select 2 but don't tell them there is 2)
- Athletes open their eyes and walk around the designated area (no running)
- The killer winks at the victim who fall down 3 steps afterwards
- The killer continues until they are identified by an athlete. Athletes who have been killed cannot identify the killer

**Name: Copy Cat**

Aim: Balance

Equipment: none

Time: 5-8 minutes

- Divide the group into pairs, matching athletes by size/ age
- Athletes face each other, spreading out in the available area
- Ask them to label themselves 'One' and 'Two'
- Athletes One does action (arm raise, leg raise etc.) Athlete Two has to copy
- Each action is a mirror image of the other persons actions
- Alternate between athlete One and Two so each person has any opportunity to give commands
- Encourage slow controlled movements with a focus on maintaining balance