



Strength Blasters

Including some strength work in your KRC can add variety and fun, not to mention important fitness improvements. Choose 1 or 2 of the options below to do before/after a run or combine several to create an entire workout. They can be shortened or altered as necessary. The key is to have the group decide as a team which blasters they'll do and just have fun with it.

Start It Up

Run 3 minutes followed by 20 secs high knees/20 secs bum kicks x 3

Operation Countdown

10-9-8-7-6-5-4-3-2-1 sets of sit-ups and a 20 secs sprint between each set

Hal and Joanne

10 push ups/10 squats/10 sit ups x 4

Hit the Deck

5 push-ups/100M dash (or 15 secs run on the spot) x 5-8

The Walking Dead

20 walking lunges/20 secs of wall sits/20 secs rest x 5

Old School Aerobics

20 jumping jacks/10 squats/15 step-ups on a bench/ledge x 3

My Quads

Run 1 minute/squat 1 minute x 3

Jack Squat

30 secs of squats/30 secs rest x 5

Everest

20 secs mountain climbers/10 secs run on the spot/10 secs rest x 5

A Mile of Work

15 squats/10 hand release push ups/20 walking lunges/100M dash x 4

The Beast

30 secs bear crawl/5 burpees/10 V-ups x 3

Walk the Plank

10 lunges/20 secs plank hold/10 secs rest x 10

Energizer Bunny

50 side to side jumps/sprint 100M/50 side to side jumps/sprint back 100M x 3-5 rounds