

Station 1

Zig Zag Runs

- Running or side stepping between bollards in a side to side fashion, staying low, balanced and on toes



Station 2

Step Walk/Runs

- Run/walk up steps and down steps
- Increase speed and pump arms forward and back to increase difficulty



Station 3

Tricep Dips

- Place hands on edge of box, approximately hip width apart, fingers pointing frontward, with legs extended out in front and heels on ground below
- Bend at elbow to lower your body downwards
- When elbow is at approximately 90 degree angle, extend and return to starting position
- To increase difficulty, slow the movement down to 5 seconds per repetition. To reduce difficulty, bring heels closer to body and bend knees



Station 4

Seated Ab Work

- Sit tilted back to a 45 degree angle in the upper body, with legs slightly bent at knees and heels off the ground. Hands are supported on rails
- Pull knees as close to chest as possible while breathing out deeply and bracing core muscles
- Return them to start position
- To increase difficulty, do not use rails for support



Station 5

Shuttle runs

- Running at quick pace from marker to marker
- Try to limit recovery at each marker and keep the runs as continuous as possible



Station 6

Russian Twist

- Standing up, raise one leg up, bent at the knee, as close to the chest as possible
- Brace core muscles and pull leg closer using hands
- Twist slowly to left and right before swapping legs
- To increase difficulty, do the same routine without the assistance of your hands



Station 7

Lunges

- With hands on hips, shoulders back and chest out take a large step out in front
- Bend both knees to roughly 90 degrees
- Back knee should be an inch or two off the ground
- Push through front foot to return leg back to standing position and repeat with other leg
- To increase difficulty, jump from one lunge position to another swapping leg position mid air. Ensure you land softly after each jump lunge



Station 8

Squat

- Hold on to fence with straight arms, shoulders back and chest out
- Tilt pelvis back behind you and bend down at knees and hips
- Keep feet flat throughout movement, going as low as comfortable
- Push down through heels of feet and engage core to stand back up
- To increase difficulty stand back up faster and add a jump at the end of the movement. Be sure to land soft from the jump



Station 9

Push/Pull Ups

- Lean on bar facing downward at ground and bend/extend at elbows to perform push ups
- Alternatively, hang from bar with body straight and face upwards. Bend/extend at elbow to perform pull ups

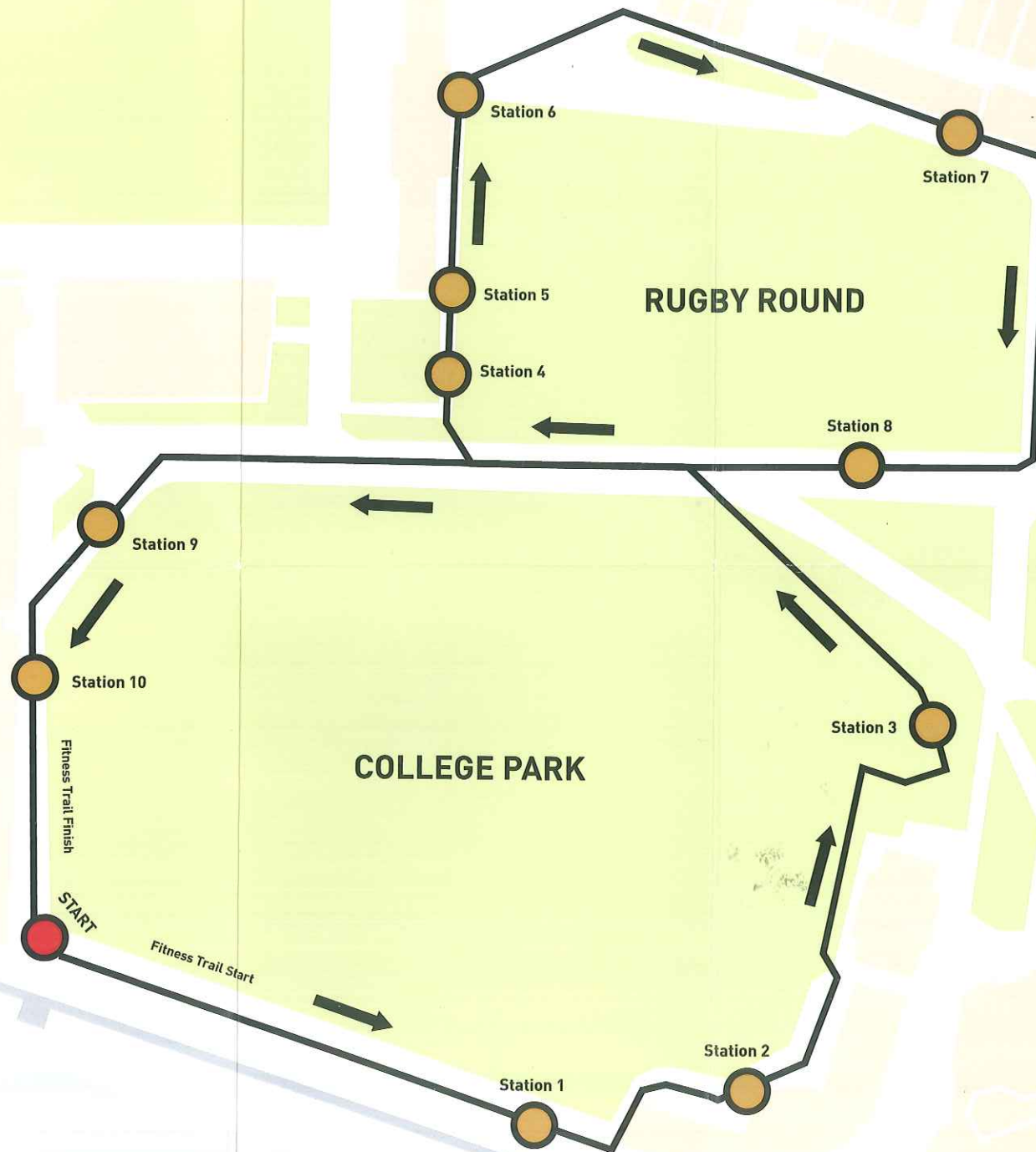


Station 10

50m Sprint

- Run as fast as possible to cover the 50m distance
- Repeat if desired





Fitness Trail

1 Trail = 1km

10 Stations

Station 1 Zig Zag Runs	Station 6 Russian Twist
Station 2 Step walk/ Runs	Station 7 Lunges
Station 3 Tricep Dips	Station 8 Squat
Station 4 Seated Ab Work	Station 9 Push/ Pull Ups
Station 5 Shuttle runs	Station 10 50M Sprint

For more information about the Fitness Trail, please contact the Sports Centre Reception or Email Alan Campbell at acampbe@tcd.ie

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