Plyometric Leg Workout for Runners

Round One

1. Touch downs
2. Sumo pulsing squats — 60 seconds each
3. Donkey kicks

Round Two

1. Touch downs
2. Sumo pulsing squats — 45 seconds each
3. Donkey kicks

Round Three

1. Touch downs
2. Sumo pulsing squats — 30 seconds each
3. Donkey kicks