

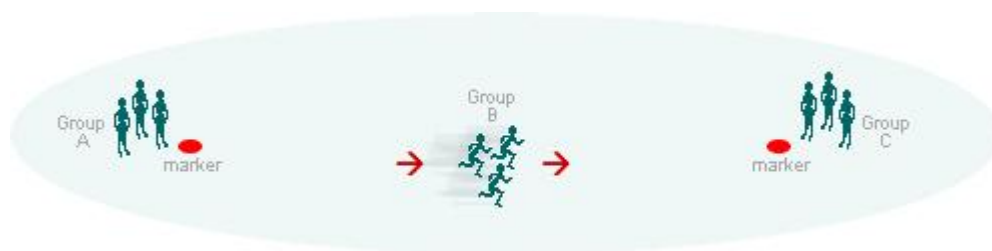
## Continuous Group Relays (CGRs)

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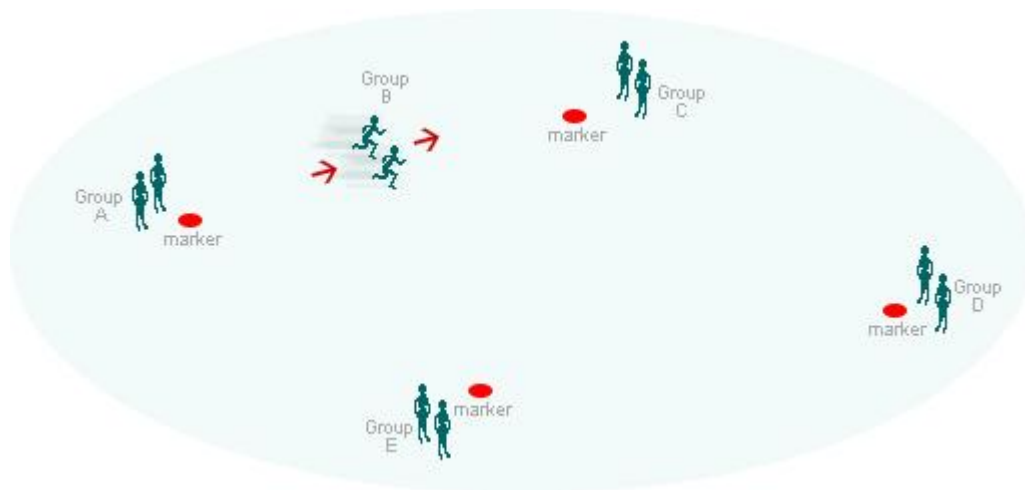
CGRs are simple to organize, require little equipment, look impressive and most importantly have your clients working at HIGH INTENSITIES!!!

CGRs are terrific interval training as they allow adequate passive rest between work periods. The diagram below shows a simple CGR of 3 groups (number of people per group is unlimited).

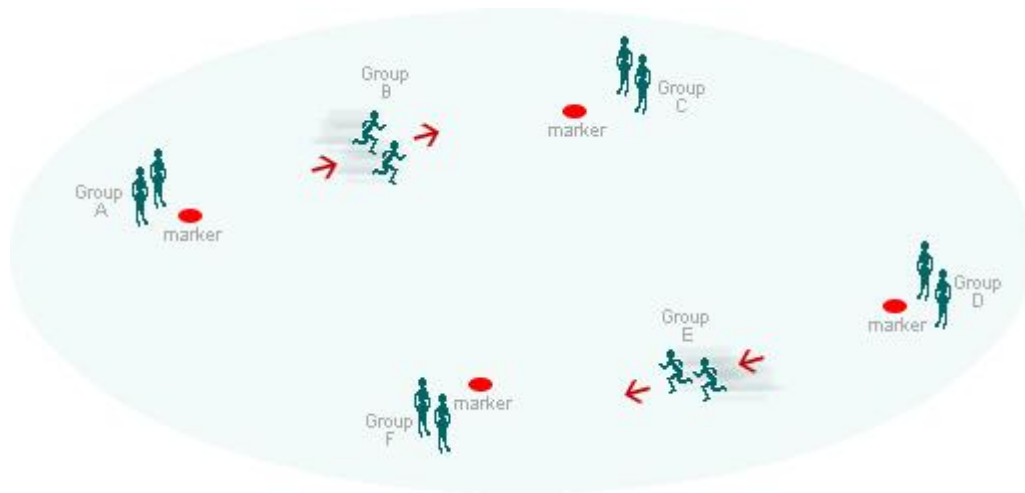


As you can see there is one group running and two groups resting at all times. As the group running reaches the marker, they rest and the group that was resting now sprints to the opposite marker and the cycle continues.

You can make things less or more challenging by making more groups (take 1 or 2 people out of each group to make up the extra groups) and adding extra markers, as shown below.



By making more groups, the intensity is lessened because the rest between runs is longer. If your clients are after more of a challenge, increase intensity by having two groups running at the same time, preferably from opposite sides as shown below.



Keep in mind that, if two groups are running, you will have to add another group otherwise the cycle (or continuous relay) will not flow on. Two groups running simultaneously means less rest for all groups, therefore increasing intensity, heart and lung activity and calorie expenditure. Everyone's happy!!!

CGRs are a great exercise to use at any stage of your session, whether it be as a warm up (with a lower intensity) or for a really big interval cardio session! You are only limited by your imagination as to the numbers of groups or the shape of the markers or even the exercise you do (sprints, walking lunges, squat jumps, side walk, etc). You may even change exercises as you go through the session.

**HERE'S A TIP** – Organise groups so that similar fitness levels are in a group together. But do it discreetly if your clients wouldn't approve of being 'categorised'!!!

Give the CGRs a go and let me know what you think, tell me if you come up with any advanced progressions from the ones already mentioned.

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More training ideas and resources available at [www.bodymotion.com.au](http://www.bodymotion.com.au)

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