

RUN DRILLS REFERENCE SHEET

DYNAMIC WARMUP-2 sets of each for a 25 yard length

Form Walk, good form with arms

Form Skip, maintain good form, stay up on toes, monitor arm position

Backward form skip, don't lean back

A Skip, high knees

Heel flicks, walk

Heel flicks, pick up pace to high turnover, distance covered not important

Backward form jog

Bee Skip, (hi knees to straight leg extension, snap leg through)

Side-skip with arms overhead

Grapevines

Leg Swing series, stationary (side to side and front to back) Stay on toes throughout

2 sets of 10 swings each leg for side to side and front to back.

Quick feet

Quick feet to high knees

Quick feet to high knees build to stride

MUSCLE ACTIVATION

Quadriceps (3x6 seconds) seated, legs flat, feet pointing straight up, tighten quads, straight back, eyes forward

Hip flexor (3x6 seconds hold each leg) on elbows, on heels, stomach up, straight body, lift alternate legs

Rectus Abdominus (3x6 seconds) forward plank, lift one leg bent, with flat foot bottom parallel to ground

Bird Dogs, alternate arm, alternate leg extension (hold for 2 count, 10x each side)

Soleus (3x6 seconds) in squat up onto toes

STRIDES

Shoes off

2 x 50 m, 2 x 100 m, 2 x 125-150 m build speed, focus on all previous activities to maintain form