

RUNNING DRILLS

*The following drills are intended to break down the phases of the running cycle into individual strength activities. These dynamic exercises are intended to be performed as precise, powerful movements. Begin with slow and controlled movements to ensure adequate core control before increasing the speed or power of the exercise.

1) Marching - Skipping and Running A's

- Stand tall with your shoulders back and core strong
- Bring your knee up to your chest with foot flexed
- Do not allow your pelvis to tilt or low back to become rounded
- Use your posterior muscles (ie. glutes, hamstrings) to position your feet and hips underneath your body and land with a flat-foot contact on the ground; squeeze glute on stance leg
- Strong arm swing
- Options to progress: 1) perform on the spot; 2) perform with skip in between and forward movement – single leg→alternating legs; 3) perform quick knee drives in succession with forward progression; aim for more feet touches over smaller distances



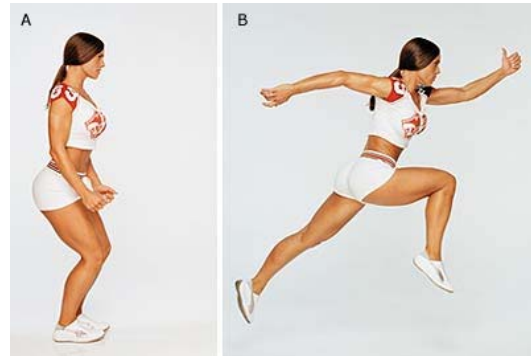
2) Straight Leg Hip Flexion - Skipping SLHF and Running SLHF

- Stand tall with your shoulders back and core strong
- Keeping your leg straight or minimal knee bend, lift your leg out in front of you
- Do not allow your pelvis to tilt or low back to become rounded
- Use your posterior muscles (ie. glutes, hamstrings) to forcefully bring the leg back underneath you and contact the ground close your center of gravity for forward propulsion
- Strong arm swing
- Options to progress: 1) perform on the spot; 2) perform with skip in between and forward movement - single leg→alternating legs; 3) perform with rapid leg turnover and forward progression as in long-stride running; aim to cover longer distances



3) Straight Leg Hip Extension - Alt. Leg Bound progression from single bounds to repeated bounds

- Stand tall with your shoulders back and core strong
- In one smooth motion, drive your front knee forward toward your chest while extending your opposite leg straight behind you by squeezing your glute
- Do not allow your back to become rounded or arched



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- Use your posterior muscles (ie. glutes, hamstrings) to forcefully bring the leg back underneath you and contact the ground close your center of gravity for forward propulsion
- Options to progress: 1) perform with skip in between and forward movement - single leg → alternate legs; 2) perform repeat bounds alternating legs with rapid leg turnover and forward progression as in long-stride running; aim to cover longer distances

4) Bum Kicks to Running Recovery Drill

- Stand tall with your shoulders back and core strong
- With slight bend in your hip, kick your heel toward your buttock
- Do not allow your pelvis to tilt or low back to become rounded or arched
- Focus on the speed and quickness of the foot pulling back and up
- Strong arm swing
- Options to progress: 1) perform on the spot; 2) perform with skip in between and forward movement- single leg → alternating legs; 3) perform with rapid leg turnover and minimal forward progression; aim for more heel touches over smaller distances



**Unless otherwise stated, pictures from Coaches Corner with Gretchen Reynolds – available in the NY Times @ <http://query.nytimes.com/gst/fullpage.html?res=9404E1DF123AF934A25757COA96E9C8B63>*