

Hello Staff,

It was a pleasure to lead you through a running workout. As requested, I wanted to list and group the exercises according to their intent. Overall, I wanted to show that good running is a skill - beyond just putting on your shoes and going out for a run. Working with larger groups, I realize the challenge in evaluating and improving each student's mechanics. The best solution is to help them understand some general running principles. At the end of the day, developing an awareness of form will be most valuable. Some major errors are landing on the heel, bending at the waist, tilting the head down, overly swinging the arms and landing heavily.

KICKOFF PROGRAM

WARMUP 1-3 sets, approximately 20m

Carioca ("grapevine")

High lateral shuffle (toes touching)

Alternate skipping

* Athletes often perform "high knees" and "butt kicks" along with these exercises. I keep these out of my program because they reinforce improper movement patterns. I like everything to reinforce form and function. You can also do what's called "dynamic flexibility". Here are two possible examples: <http://youtu.be/3VE8Hbt5epI> or <http://youtu.be/FSaTZBxHfvI>

1. ALIGNMENT / 1 set each

Running with butt out

Running with hips extended forward

Running with hips neutral

*Holding neutral hips leads to better running efficiency. By trying to run with poor alignment, the students will have an increased sense of what feels more level - plus it's fun! The objective is to keep tall.

2. BALANCE / holding for 15-30s

2-feet, weight on ball of feet

Single-leg balance, holding the "4" position

Single-leg balance, holding the "4" position with arms overhead

*Balance and stability in landing is very significant. These basic drills help reinforce the equilibrium necessary when running, as well as the maintaining "4" position.

3. SPRINGINESS / 1-3 sets of approximately 10m moving into a short run

2-foot bouncing

1-foot bouncing

Hip twist, legs together

Hip twist, legs apart

*There are a myriad of agility jumping exercises you can perform with the students. These are just a few. If athletes are landing in the correct position, they should feel this "springiness" rather than a stiffness.

4. The 3-C's (conditioning, coordination and core) / 1-3 sets of approximately 10m moving into a short run

Bear crawl into running

Gorilla crawl into running

Arms overhead into running

*Crawling and running with your arms in various positions (extended in front of you, behind your back), will force the students to focus on proper alignment and posture when running. The crawling exercises specifically work their coordination and core strength and develop a global awareness of their bodies.

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