



Warm-Up – 15-20 minutes

1. 1200m: (Track)
 - o Lap 1 warm up pace
 - o Lap 2 stride the straight aways
 - o Lap 3 accelerate pace – finish with 200 at LT pace

2. Leg Swings – 10x front to back and 10x side to side
 - (keep leg straight then repeat with knee bent)
 - 10x hurdle trail leg forward and backward

[Video of leg swings](#)

https://www.youtube.com/watch?v=korxBhGzzJE&list=PLUzqPLVEQwhfDFhae0qeR5lxAbddi_nmL&index=2

Each drill is 20 meters in length and finish with a 20 meter stride back to start

3. High knees
4. Butt Kickers
5. "A" Skips
6. "B" Skips
7. Toe "Russian" Skip
8. G drill (combine 3-7)
9. Lunges
10. Backward Heel Walks
11. Speed ladder drills*
12. Carioca (left and right) 13. 4x60m accelerations

High Knees



Butt Kickers



A Skips



B Skips



Toe Skips



[Video of these Five Drills](#)

<https://youtu.be/6H8WlfyavWk>

Walking Lunge



Backward Heel Walk



[Carioca Running Form Drill Demonstration -](#)

[YouTube](https://youtu.be/CMeuCmzKf84) <https://youtu.be/CMeuCmzKf84>

Carioca's



Video Explaining [Good Running Form](https://www.youtube.com/watch?v=wRkeBVMQsgg) <https://www.youtube.com/watch?v=wRkeBVMQsgg>