

FPYC Running Drills

Running Drills are used to improve running bio-mechanics and efficiency:

1. Butt Kicks
2. High Knees
3. A Skips
4. B Skips
5. Sideways Bounding
6. Forward/Circular Jumps/Hops
7. Laterals/ Diagonal Jumps/Hops
8. Karaoke
9. Hamstring Extensions
10. Backwards Running

1. Butt Kicks

Purpose: Butt kicks engage the hamstrings and accentuate the recovery portion of the running gait and improve leg turnover cadence.

How: Move forward and try to kick yourself in the glute with your heel on each stride. Focus on keeping the rest of your body still and simply flicking your lower leg backward. If you're not making contact, you need to improve your dynamic range of motion. Do two 40 meters reps.

2. High Knees

Purpose: The high knees drill accentuates knee lift and glutes and hamstring power, which are keys to running fast and efficiently, as well as powerful and efficient leg drive.

How: Taking short steps with a very quick cadence, alternate thrusting knees upward until your thigh breaks a plane parallel to the ground. Do two 40 meters reps.

3. A Skips

Purpose: Bounding increases foot, calf and hamstring muscle power and develops single-leg stance stability necessary to maintain fluid running form while fatigued.

How: On a flat surface alternate thrusting into the air off one leg in an exaggerated skipping motion. The focus should be on a powerful leap into the air and a quick (but not super fast) cadence. Your arm motion should be synced to the opposite leg's action, holding steady for the brief moment while you're off the ground. Do two 40 meters reps.

4. B Skips

Purpose: This drill works the hip flexors and quadriceps and encourages good ground contact.

How: With an upright body, start moving forward. Lift up one leg and then straighten the knee and land on the foot (not just the toes). This can be done with a walking or skipping cadence. Do two 40 meter reps.

5. Sideways Bounding

Purpose: This drill develops lateral strength and agility necessary to stabilize the body and maintain single-leg balance during forward running motion. Specifically, this drill works the glutes, hip flexors, tensors, abductors and psoas muscles in ways that are otherwise neglected in forward running.

How: With an upright torso and level head, move laterally in one direction by alternately bounding with your legs spread and your legs together. You'll probably need to swing your arms overhead in an opposite pattern to maintain balance. Do two 40 meter reps to the left and right, facing the same direction for each lateral movement.

6. Forward or Circular Jumps/Hops

Purpose: Improves leg strength

How: Keeping feet together, lower by bending your knees. Then leap explosively into the air raising your arms up overhead. This can be done in a forward moving motion or by staying in place and turning in one direction to complete a circle and then going back in the opposite direction. Do two 40 meter reps.

7. Laterals/Diagonal Jumps/Hops

Purpose: Improves leg strength

How: Keeping feet together, lower by bending your knees. Then leap explosively into the air and raise your arms up overhead, moving forward in a diagonal motion. Do two 40 meter reps.

8. Hamstring Extensions

Purpose: This drill increases mobility of the hamstring and gluteal muscle groups and enhances forward hip extension necessary for running fast with efficient form.

How: With an upright posture and straight legs, alternately flick one leg forward while reaching with the opposite hand to lightly tap the extended foot. Focus on form, not speed. Do two reps of 10 extensions on each leg.

9. Karaoke

Purpose: This drill loosens hip flexors and glutes and increases hip and leg and gluteal mobility while also using lateral strength required to run with good form.

How: Standing upright with your head and torso facing forward, move laterally in one direction by placing your trailing leg in front of the lead leg. Then move the lead leg in that same lateral direction and place the trailing leg in front of the lead leg. Maintain a fluid motion with your arms rotating in the opposite direction from the legs. Do two 40 meter reps to the left and right, facing the same direction for each lateral movement.

10. Backwards Running

Purpose: Running backwards helps strengthen the glutes and upper hamstrings, as well as various core muscles in the abs and lower back.

How: Although it will seem awkward at first, try to replicate your forward running motion while moving backward. You'll still be pushing off of your forefoot and swinging your arms, but you'll be lunging backward with your hamstrings and using core muscles to stabilize differently than you're used to while moving forward. Focus on form, not on speed. Do two 40 meter reps.

There are many other drills that can be found online. These are some of the typical ones done during our practices.

Resources used:

running.competitor.com

runnersworld.com

marathons.wonderhowto.com

You Tube videos