Dynamic stretching

Prepares the muscles to move. Strength, balance, stretching and agility. Prior to running complete this 10 minute warm-up:

» **Forward and backward lunge with trunk rotation.**
  Stretches hip flexor.

» **Ankle grabs.**
  Stretches quadriceps.

» **Hacky sack.**
  Stretches sartorius activation and piriformis.

» **Inchworm.**
  Stretches hamstrings and calves. Stretches and strengthens core.

» **Toe walks/Heel walks.**
  Stretches ankle.
Running drills/plyometrics

Work on efficiency for improving running economy.

» **Carioca.** Work on trunk and pelvic rotation.

» **Ladder drill.** Two feet in, two feet out. Work on increased cadence and soft landings on mid-forefoot.

» **Jumping rope.** Two sets, 30 seconds each. Land lightly on mid-forefoot.

» **Stadium stairs.** Quick feet. Increase cadence, frequency and soft landing.

» **Side-to-side shuffles.** Perform with dynamic adductor stretch.

» **Box hops.** 15 reps, three times.

*Recommend two to three sessions per week for six to 15 weeks with high intensity. Perform more than 40 jumps per session for performance enhancement and injury reduction. Can perform on grass or sand to reduce muscle soreness and risk of injury.

Strength drills for runners

» **Prone planks.** Do 30 reps with leg extension.

» **Bridging.** Do 30 marching reps with level pelvis.

» **Side planks.** Do 30 reps with leg lifts.

References
