

# Movers and shakers

Build these drills into your warm up and start your race on the 'B' of the bang

## GUIDELINES

- Aim to complete each drill landing on your midfoot/forefoot.
- Be light on your feet.
- Focus on staying tall, having a slight forward lean and remaining relaxed. Keep those hips high and strong.
- Make sure your arms are working hard and in a full running action. Be careful not to have the elbows wide to assist with balance or hands crossing the natural midline of the torso.

The arms should be bent at 90° and almost brushing the side of the body.

■ Look forwards with the head up confidently.

■ Aim to complete each exercise in two to three sets over a 10-20 metre grid on a safe, firm and flat surface. Then walk or jog back for your recovery to original starting point.



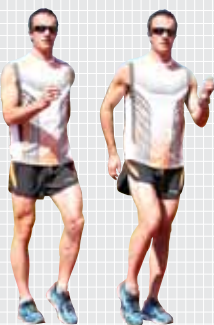
## 1. ANKLING

### Aim

To strengthen and warm up the achilles/calf muscle group and increase eccentric muscle strength.

### Technique

Place your foot on the ground with the toe/ball of your foot first then lower weight through the heel to the ground. Walk out repeating alternately on each leg.



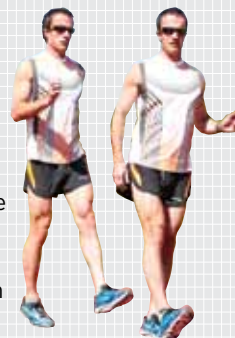
## 2. KICK OUTS

### Aim

To strengthen dorsi flexion in the foot and lateral calf muscle groups.

### Technique

Focus on always bringing the toe towards the knee and keeping the leg straight. Kick out in short fast movements while retaining upper body lean and posture. Repeat alternately on each leg.



## 3. REPEATERS & REBOUNDS

### Aim

To increase foot speed and improve lower limb strength and power.

### Technique

Always land lightly on your midfoot. As one foot lands quickly follow through with the other. Focus on staying tall and toe pointing to shin. Aim to bounce back off the ground to a good height.



## 4. HEEL SQUEEZES/HIGH KNEES

### Aim

Hip strength and hamstring flexibility.

### Technique

Try to keep the foot dorsi flexed and squeeze it up and under the bottom on each rotation (like riding a bike). Bring the foot quickly down to each time and alternate legs. Skip as you complete this drill if you're coordinated and feeling good. Remain light on the feet.



## 5. HAMSTRING WALK-OUTS

### Aim

To increase hamstring dynamic flexibility, strength and range.

### Technique

Plant your heel on the ground and point the toe up, always keeping the leg straight. Sink your hips as though you're about to sit on a chair. Sweep hands low as if touching or grabbing grass below. Keep the back straight and head up. Repeat alternately on each leg.

