

Form Drills

Form Drills are exercises designed to improve your running form and running specific strength and power. These drills should be performed only after a sufficient warm up and gentle stretching. These are high intensity drills and should be performed only if you are conditioned for high intensity exercise.

ACCELERATION STRIDES

TECHNIQUE

Warm up with 2 to 5 minutes of easy running. You may also do these drills after your daily workout. Begin by performing a slow jog. Gradually increase your speed to 100 percent effort. The total distance run should be around 100 meters. Jog easy for 100 meters and repeat. Be sure to steadily and gradually increase your speed over the entire distance. Repeat for the desired number of repetitions.

THINGS TO WATCH OUT FOR

Do not attempt this exercise if you're not conditioned for high intensity activities.

HEEL KICK DRILL

TECHNIQUE

Begin by performing a slow jog. Using a short stride and bouncing on your toes, raise your heels as high as possible behind your body. Attempt to bounce your heels off of your buttocks. Most of the movement should be with the lower leg. The upper leg should not move very much. Concentrate on raising your heels as high as possible. There should be little forward distance covered, but keep moving forward.

Repeat for 30 to 50 meters.

Repeat for the desired number of repetitions.

THINGS TO WATCH OUT FOR

Breath throughout the exercise

Do not lock your knees at any time during this exercise.

Do not attempt this exercise if you're not conditioned for medium intensity activities.

HEEL SLIDES

TECHNIQUE

Begin by performing a slow jog. Using a short stride and bouncing on your toes, raise your heels as

high as possible but do not allow your heels to travel behind your body. Imagine a wall at your back. Bring your heels back so that your feet are flat against the imaginary wall and bring them up as high as possible. Your heel should bounce off your buttocks. Both upper and lower leg action is involved in this exercise. There should be little forward distance covered, but keep moving forward.

Repeat for 30 to 50 meters.

Repeat for the desired number of repetitions.

THINGS TO WATCH OUT FOR

Breath throughout the exercise

Do not lock your knees at any time during this exercise.

Do not attempt this exercise if you're not conditioned for medium intensity activities.

HIGH KNEE DRILL

TECHNIQUE

Begin by performing a slow jog. Using a short stride and bouncing on your toes, raise your knees as high as possible on each stride. Concentrate on raising your knees as high as possible. There should be little forward distance covered, but keep moving forward.

Repeat for 30 to 50 meters.

Repeat for the desired number of repetitions.

THINGS TO WATCH OUT FOR

Breath throughout the exercise

Do not lock your knees at any time during this exercise.

Do not attempt this exercise if you're not conditioned for high intensity activities.

QUICK FEET DRILL

TECHNIQUE

Begin by performing a slow jog. Using a short stride and bouncing on your toes, raise your knees as high as possible on each stride. Concentrate on decreasing the time of contact between your foot and the ground. As soon as your foot hits the ground, quickly spring off of the ground and into the high knee position. There will be little forward distance covered, but keep moving forward.

Repeat for 30 to 50 meters.

Repeat for the desired number of repetitions.

THINGS TO WATCH OUT FOR

Breath throughout the exercise

Do not lock your knees at any time during this exercise.

Do not attempt this exercise if you're not conditioned for high intensity activities.

QUICK STRIDE DRILL

TECHNIQUE

Begin by performing a slow jog. Increase your stride rate so that you are taking as many strides as possible in 25 meters. Concentrate on foot speed and quickness.

Repeat for the desired number of repetitions.

THINGS TO WATCH OUT FOR

Breath throughout the exercise

Do not lock your knees at any time during this exercise.

Do not attempt this exercise if you're not conditioned for high intensity activities.