

ACTIVE DYNAMIC WARM-UP / MOVEMENT DRILLS

BASIC BIOMECHANICS (In Short – Posture, Timing, Cyclic Motion, Full Range of motion)

Minimize breaking forces

Improve force production through better biomechanics

Maintain full range of motion

**More Power, less time spent, more efficient turnover (x) every step of your race
= you are faster! Less Prone to Injury!**

Deconstruct Running Mechanics, Drill / Re-Program, Reconstruct

****Comfort Zone does not always equal better running mechanics****

WARM-UP / PREHAB / STABILIZATION

Warm-Up/ General Mobility

Neck Clocks, shoulder rolls, arm circles- hugs

Trunk Circles, Twist, Flexion – Extension

Walking Lunges (Basic and advanced Variations)

Heel Toe Raise

Dynamic Mobility

½ Speed Build Up // Skip // Drill Work

Walking Quad

Walking Knee Hugs / Piriformis

Opposite toes touch / inverted balance

½ Speed Build Up // Drill Work

Leg Swing Supine / Leg Swing Frontal

Side Lying Hip Abduction / Hip Adduction

Quadruped Series

¾ Speed Build Up // Drill Work

Single or Double leg Bucks

Greatest Stretch in the World I and II

Spider Push Ups

Groiners // Mountain Climbers

Squat Step Lateral

Shuffle Lateral // Side Slide w arm swing

¾ Speed Build Up // Drill Work

Leg Swing Saggital / Frontal

Pre-Hab Stabilization

AIS Hamstring, Hip Flexor

AIS Adductor, Abductor

Glute Bridge

Standing Shoulder Raise Series

Drills

Ankling

1-2-3 Fast Leg Drill

Skip Recovery Focus Drills

St Leg Skip

Butt Kick into Step Over

Fast Leg –Single Leg Drills

Fast Leg Alternating Drills

Skipping Drills



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