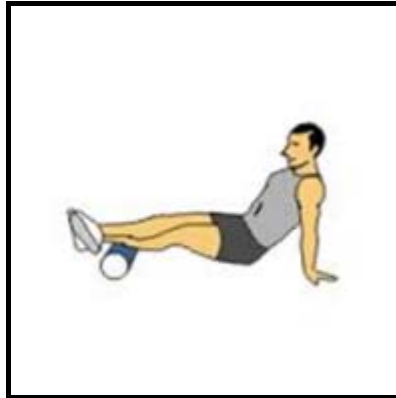
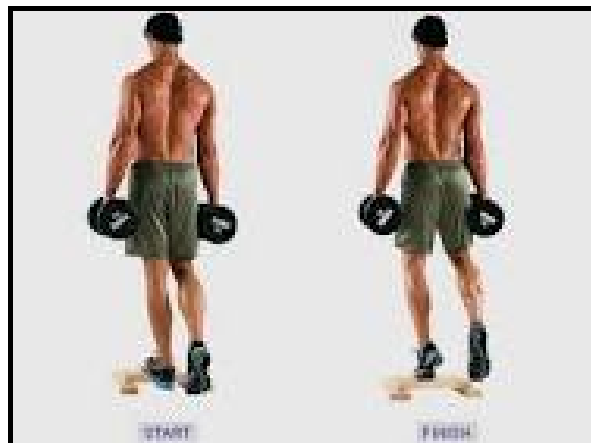
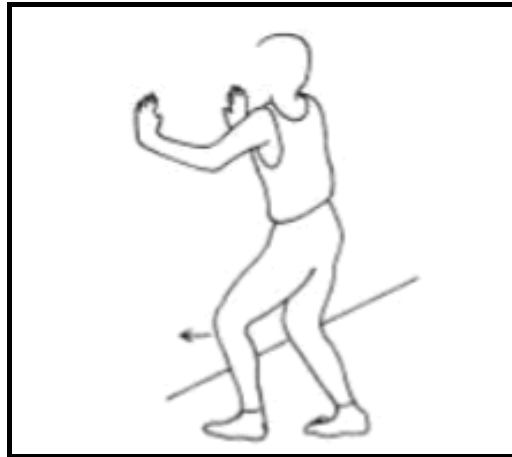


Various Drills and Exercises

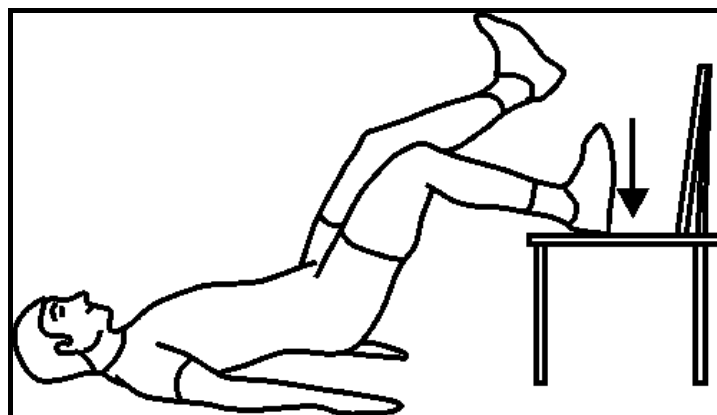
Calves

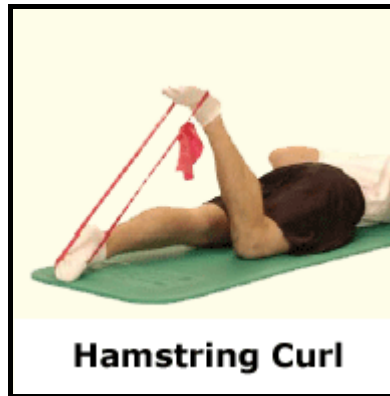


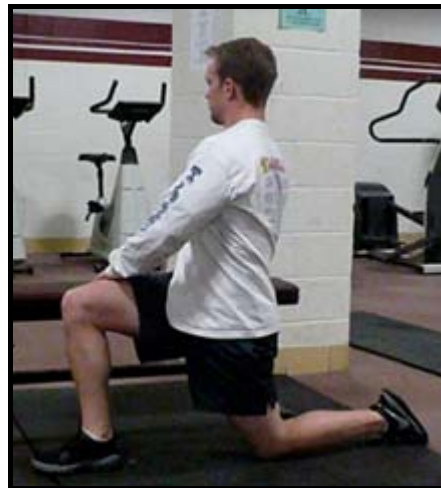
1. Stand on the bottom step of your stairs facing the stairs.
2. Move back on the step and stand so that only the balls of your feet are left on the step with your heels hanging over the edge.
3. Slowly lower your heels towards the floor until you feel a gentle stretch in the back of your leg.
4. Then slowly raise up on to tip toes.
5. Try six repetitions with two sets to start with or even less if you feel that might be too much. Build up to 20 repetitions with four sets.

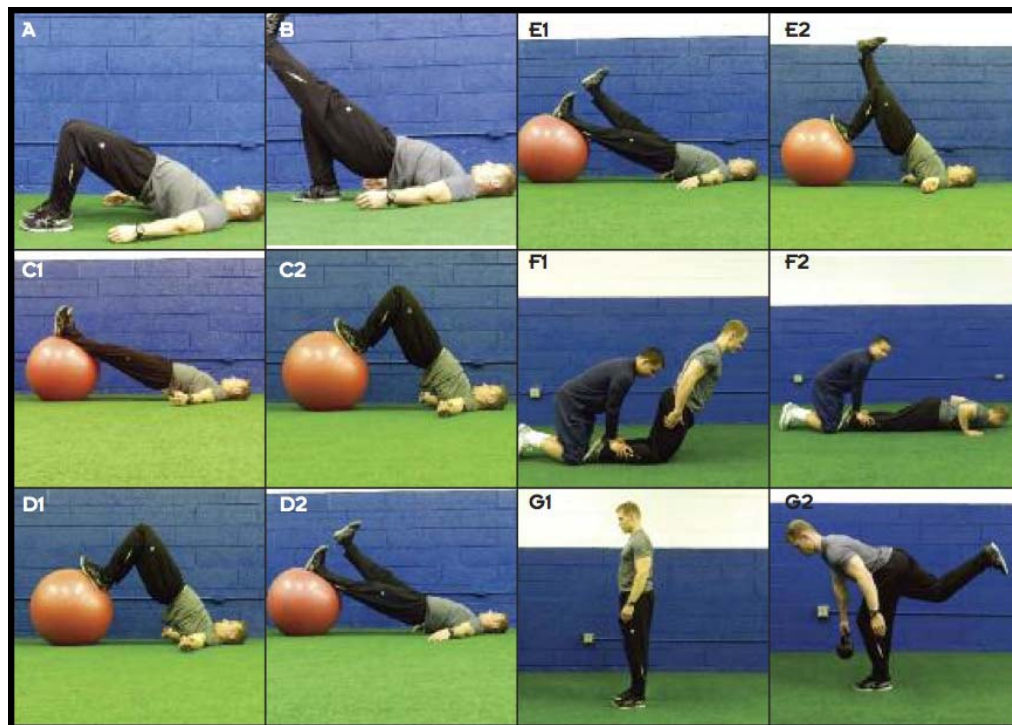


Hamstring

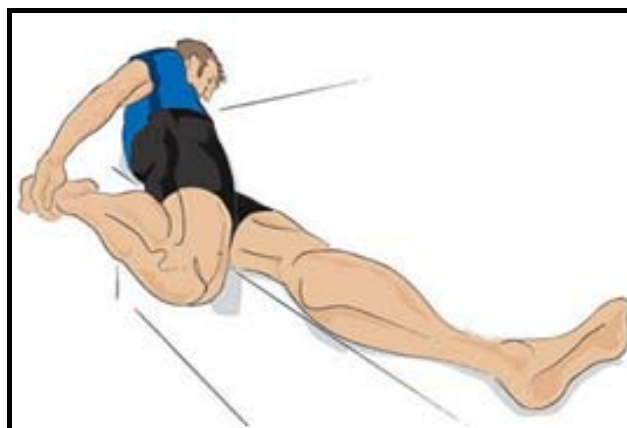




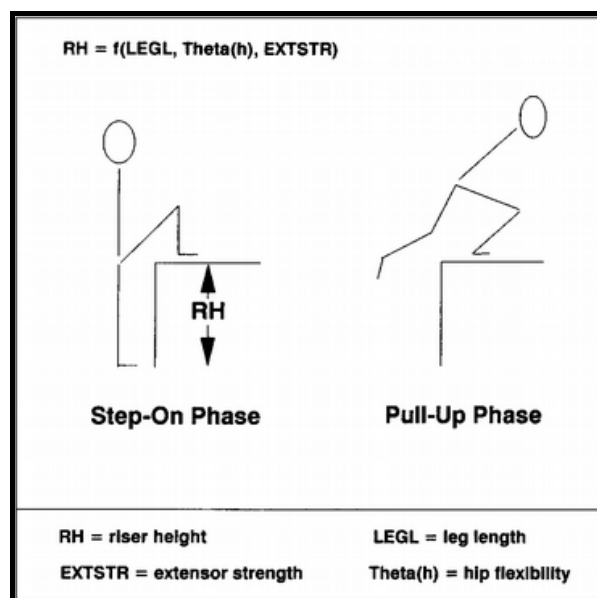
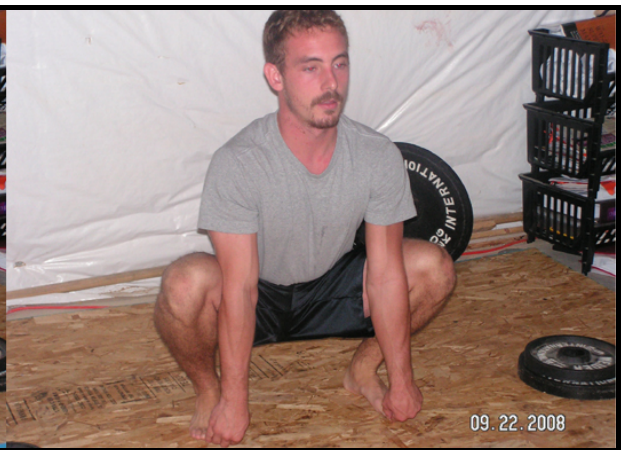


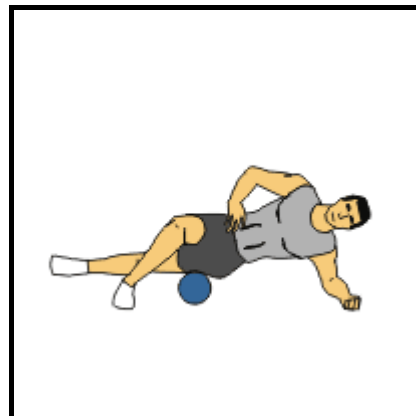


Quads



Hips





Below - Move knee forward and back to work hip area



Hurdle Drills

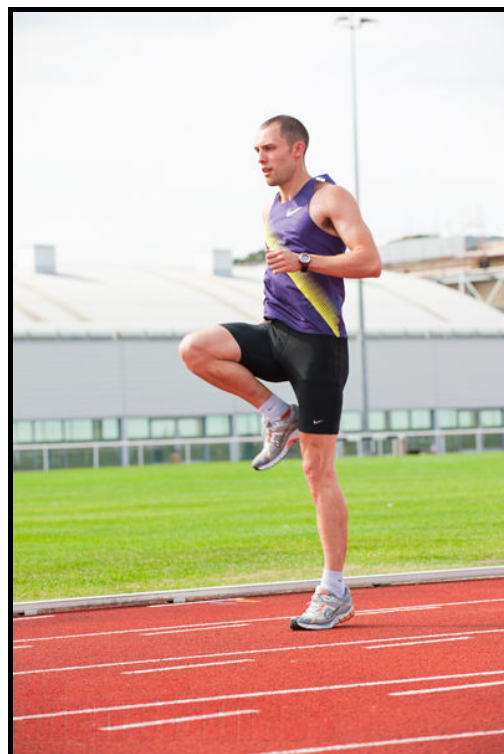
There are some on youtube at <http://www.youtube.com/watch?v=jlaShvmI9og> or put in Hurdle Drills at Font Romeu



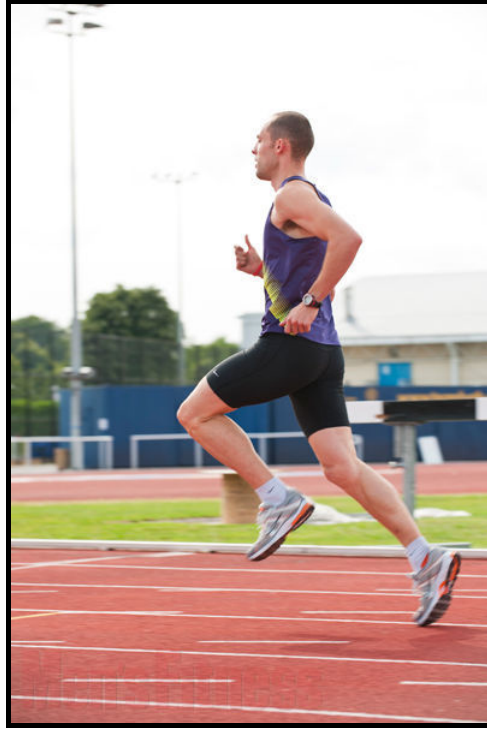




Everyone bounces along while they do this, but they get their posture wrong. You don't want to cover too much distance when you're doing it – keep a straight back.'



I actually hesitate to call this "heel to bum", because most people hear that and kick their leg back. In fact you want to keep your knee up and in front and bring your rear foot up high. Again, keep a slow pace and good posture for these.'



This is the last drill I do. Start with 20m of high knees, then speed up into a 40m sprint. Keep straight legs, hitting directly underneath your body. You don't land in front and push. If your foot goes in front, we call it "breaking" – it's not going anywhere or doing anything, and it can't push you forward.'

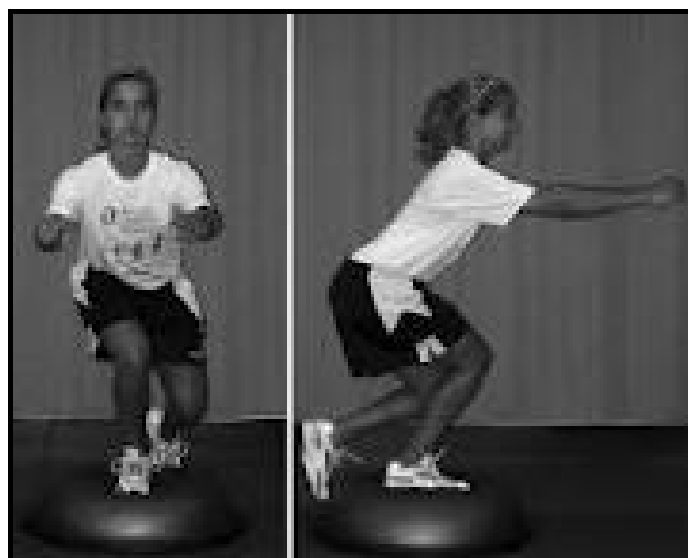
Bounding Drills for stride length



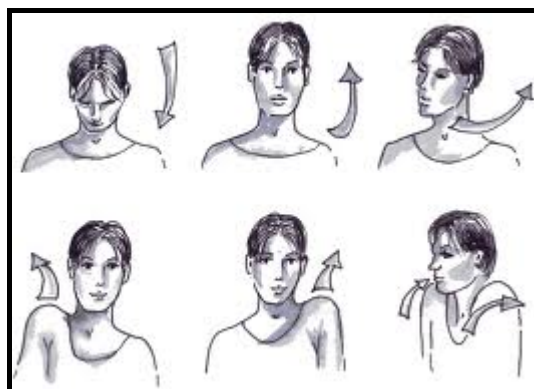
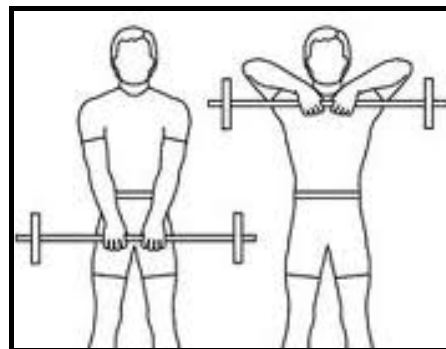
Can be done up a short and reasonable hill or incline

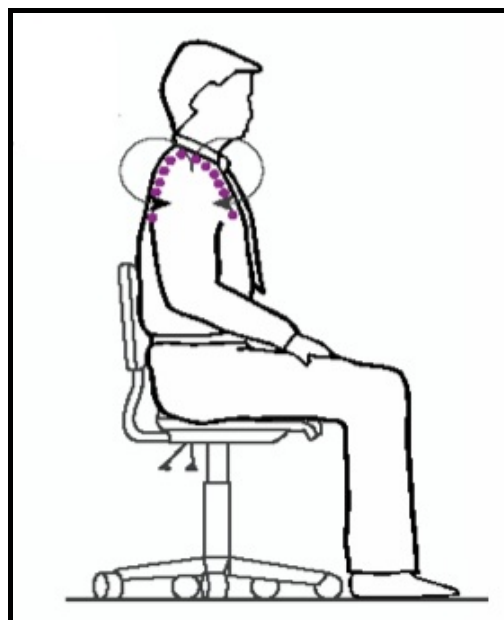
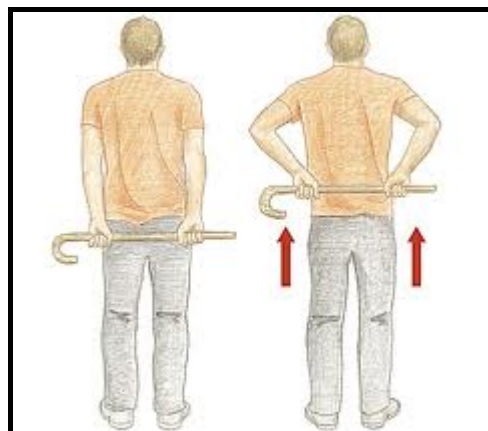


Balance/Wobble Board
(can help strengthen lower leg area and improve coordination)

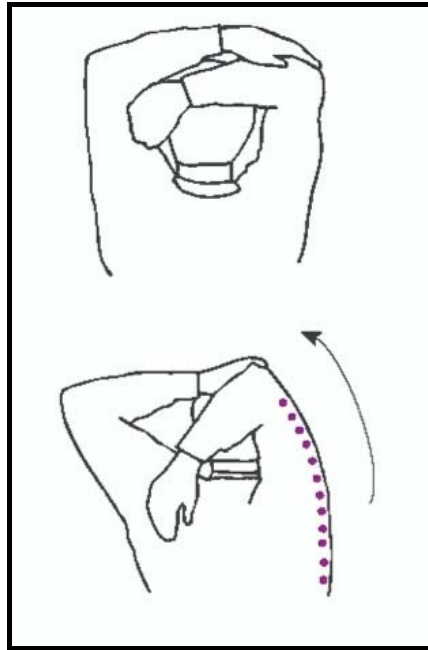


Shoulders and upper back





Circle shoulders forward several times, then backwards. Repeat 3– 5 times



Stretch arm above head, cradle elbow with hand and pull elbow behind the head. Hold for 10 seconds and repeat.

