

**Dick Vincent**  
U.S.A.T.F Certified Coach Level 3  
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**Warming Skips-** Skip slowly while waving your arms in circles to warm up chest as well as legs.

**Pose leg lift-** improves hamstring strength/coordination, correct bio mechanics  
**One legged hops**

**Walking Lunge-** Stability sagittal plane (forward) and frontal plane (left to right)  
Improves balance, strength, stability, mobility, load distribution  
(1 leg rather than 2) <https://www.youtube.com/watch?v=i7-Zfncd5yI>

**Karaoke A&B** – Improves coordination and increase hip flexibility, lateral stability.  
<https://www.youtube.com/watch?v=94ixIbZPrHc>

**A-Skip-**reinforces mid-foot landing, cadence, coordination, leg drive, bio mechanics  
**B-Skip-** Same as above and hamstring strength/flexibility  
<https://www.youtube.com/watch?v=Gfa5FbEeRYk>

**Butt Kicks A & B-** Improves quadriceps and hip flexor flexibility while reinforcing cadence  
<https://www.youtube.com/watch?v=xRjl6d9mtCo>

**High Knees-** reinforces mid-foot landing, high cadence, improves coordination, leg drive  
<https://www.youtube.com/watch?v=VKc58tjEVfs>

**Straight Leg Run-** Activates glutes, improves coordination, improves stretch shortening cycle  
<https://www.youtube.com/watch?v=g1Wb9DbbO1g>

**Bounding** Long – increases glute, leg power--- Take it to hills  
<https://www.youtube.com/watch?v=1InbjK0eUN8>

**Leg Swings-** Leg/hip/hamstring mobility  
<https://www.youtube.com/watch?v=naW8u72IOzI>

**Banana Hurdle hops-** power

**Banana Hurdle Side steps-** power and coordination, lateral stability

**Strides-** 15-20 seconds fast, not sprint, but quick. True Speed  
<https://www.youtube.com/watch?v=4uAqIRNIImbg&t=6s>

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Drills provide the following benefits:

Neuro-Muscular development. Coordinate the brain with the working muscles.

Help you become more efficient

Strengthen joints, muscles, tendons needed for powerful and fast running

Lessen contact time with ground

Improve coordination, agility, balance, proprioception- becoming better athlete

Improve the stretch shortening cycle/stretch reflex.

Serves as great transition and warm-up before intense workouts/ races.

When to do them?

Before hard workouts and races

Sample sequence

- 1-2 Dynamic Warm-up
- 1-2 Easy running/warm up
- 3 Drills
- 4 Strides
- 5 Workout (track, tempo, hills)
- 6 Easy runner/cool down