

## **Example Dynamic Warm-Up and Drills for Endurance Runners**

### **Greater Peterborough Athletics Network**

FW – Forwards      BW – Backwards      SW – Sideways

Steady jog 800m – 1600m or Games

#### **Dynamic Warm-Up**

Slow jog/walk with extended arm circles FW & BW

Slow jog/walk with arm hug and hand clap behind FW & BW

Slow jog/walk with trunk rotation FW & BW

Side skips with full arm swing

Lunge walk FW & BW

Walking Sumo Squats

Picking the Daisies walking (hamstring stretch)

High Kicks walk through

Standing leg swings FW & BW

#### **Drills**

1. Developing effective and efficient technique
2. Generating force

#### **Ankles**

Small, low, compact skipping FW/BW/SW

Toe Walks FW/BW

Heel Walks FW/BW

Ankling (smooth roll of foot from ankle to toes, slowly moving forward)

Stiff Legs FW/SW

Stride out at 60% (30 – 60m)

## **Glutes**

Backwards Walking

Backwards Running – develop backwards leg extension

Walking Lunges

Stride out at 70% (30 – 60m)

## **Skipping**

Low knee A skips (focus on dorsi-flexion)

High knee A skips (focus on dorsi-flexion and heel position under glute)

Backward skipping

Side A skips

High skips

Distance skips

Stride out at 80% (30 – 60m)

## **Running**

High Knees

High Knees – x3, land and hold (balance)

Stiff leg/running leg

High knees with run out (focus on posture and torso position)

Stiff legs with run out (focus on posture and torso position)

Stride out at 90% (30 – 60m)

## **SAQ**

Hop Scotch – progression and variations

The Cube

Stride out at 95% over longer distance – 100m

## **N.B.**

Specificity – keep warm-up and drills specific to main session ahead and key technical concepts that you are trying to develop.

These drills are just a sample of drills – use what is right for you as a coach and for your group. Pick and choose what works best for your training programme, and consider alternatives.

Consider how you describe and demonstrate these drills – is there anyone within your group who can demonstrate effectively if you don't think you can.

Distance and repetitions – remember key reasons for doing drills – technique and generating force. Don't push on if individuals are tired and showing poor technique. But, do enough that individuals can practice movement patterns and reinforce good movement pattern. Where technically able, extend distance to test good technique over longer distances or increase repetitions.

Choose one or two coaching points for individuals/group to practice during stride out's. Apply technique acquired during drills to running!

Consider incorporating short accelerations i.e. 2 x 30m acceleration (speed is good, but less effective if unable to accelerate) or incorporate rolling 60m's i.e. 30m steady with 30m fast acceleration (practice change of pace for race).