



See Jane Run Training Programs

Run Drills

1. Walk on Toes
2. Walk on Toes (Heels in, Heels Out)
3. Walk on Heels
4. Walk on Heels (Toes in, Toes Out)
5. **Strides:** Strides (or striders or strideouts) are short, fast runs of between 50 and 200 meters. They are run at a "comfortable sprint" pace (i.e. as fast as you can go without tying up and losing good form.)
6. **Butt Kicks:** Butt Kickers have a very similar objective to the high knee running drill, to increase leg turnover. Jog slowly towards the spot where you want to start your drill and increase your stride rate, concentrating on getting your feet moving as quickly as you can and getting your lower leg to swing up behind you. Your heel should literally be hitting your butt.
7. **High Knee running:** Works on efficiency in keeping your knees up, which results in a longer stride. Take very short steps with a fast turnover and bring your knee up as high as is comfortable.
8. **Quick Feet Drill/Fast Feet:** The aim of this drill is to increase leg turnover and improve your knee lift for when you need to pick up the pace a bit.
9. **Jogging:** Start off jogging slowly, when you hit the point where you want to start your drill, increase your stride rate so that you take as many steps as possible over about 20 meters or so with a high knee action. You should be bringing your legs up in front of you and maintaining a nice upright posture. The aim is not to move forward quickly but to maximize the number of steps that you take; remember this one is about leg turnover not stride length.
10. **Karaoke/ Sideways crossovers:** Arm out to side (like a t shape). Skip to the left and lead with your right leg. Cross over left leg with your right knee and rotate your hips/shoulders as the right leg moves in front and then behind the right leg. Think fast feet on this one. Best to start slow and then build up the speed
11. **Skipping:** This helps develop toe-off strength which is a key component of stride length. Skip just like you did when you were a kid, but keep your arm motions to running form.
12. **Kick Outs:** Similar to the straight legs drill, except the knee is brought up and the lower leg is kicked out and then the whole leg is brought quickly under the body.
13. **Run Backwards:** pushing off from your fore foot: Helps strengthen some of the muscles in your lower butt/high hamstrings and calves. Just run backwards without over-reaching on flat terrain.