

DPXC 2023 – Drills, Form cues, strength, hip mobility

<p>Race/workout warm-up <u>Rolling & glute activation</u> <u>Warm-up jog/run 10-15 min</u> <u>Dynamic (walking) stretches</u></p> <ul style="list-style-type: none"> • Knee hugs (glutes) • Shin pulls (ITBand) • Sweepers (hamstring) • Leg over leg • Lunges. (Hip flexor) • Side lunges • Quad stretch • Walk on toes • Walk on heels • Open the gate • Leg swings (Frankenstein) • Snap downs <p><u>Drills</u></p> <ul style="list-style-type: none"> • Side-shuffle (both sides) • Carioca (both sides) • Backwards skip • Straight leg & run out • Skip w/arm circles & run out • A-skip & run out • B-skip & run out • Bounding & run out • High heels & run out • High knees & run out <p>4-6 strides (or accelerations) <u>Before races,</u> recommended: at end warm-up run: come up to tempo pace for 40 seconds. (but no closer than 15-min before race start.)</p>	<p>Drills for coordination, form, speed</p> <p>Rolling & glute activation Warm up run: 15-20 min easy Walking/dynamic stretches and toe/heel walks (see 1st column)</p> <p><u>2-3 sets (for athleticism and balanced strength)</u></p> <p>Side shuffle – there/back Side shuffle keeping low – there/back Caryoki (Grapevine) – there back Quick feet (small steps) forward Quick feet side (switch midway) Forward/backward hop and run Side-Side hop and run Left foot forward and go Right foot forward and go Backwards skip Skip for height Two-leg hop-quick (short, quick hops) Frog hops (long hops)</p> <p><u>2-3 sets (to support better running form)</u></p> <p>Skip with arm circles and run out A-skip and run out B-skip and run out A-skip fast and run out Straight leg and run out High heels and run out High knees and run out Bounding and run out 2x30 meters quick</p>	<p>Core/Strength</p> <p>Bear crawl (is great for core)</p> <p>Reclining</p> <p>Front plank Side plank Superman Mountain climbers/chest slap Bicycle Toe Touches Russian Twist Bird dog Donkey kicks Side kicks Side-bridge Single leg Hip thrusts</p> <p>Upright</p> <p>Reverse dead lift w/twist Side-side ski jumps Squat jumps Up on 2/Down on 1 Scissor jumps</p>
<p>Running-form cues-2 sets</p> <ol style="list-style-type: none"> 1. Breathing Belly expands with each breath 2. Posture: running tall, hips under shoulders, weight on balls of the feet 3. Legs (front side mechanics): knee up and toes up, foot strike under the body, explode off foot 4. Legs (back side mechanics): quick off the ground, foot over calf 5. arms: hands up in front, thumb close to chest, elbows high in back 6. light step & turnover 	<p>Hip mobility with hurdles: 2 sets of 6 hurdles, all on lowest setting.</p> <p>Do with hands behind head (or over head) for good posture:</p> <ol style="list-style-type: none"> 1/Step over forward, alternating legs. 2/Step over backward, alternating legs. 3/Step over sideways – leading with right leg 4/Step over sideways – leading with left leg 5/Step over forward, alternating legs. (2nd time) 6/Step over backward, alternating legs. (2nd time) <p><u>Raise even number hurdles (2,4,6) to highest setting</u></p> <ol style="list-style-type: none"> 7/Over 1st hurdle with right leg. Under 2nd hurdle leading with left leg. 8/Over 1st hurdle with left leg, Under 2nd hurdle leading with right leg. 	