FORM RUNNING EXERCISES

FORM RUNNING IS THE SINGLE MOST IMPORTANT FACTOR FOR INCREASING SPEED

The exercises are defined as sprint exercises and agility exercises. In each category, walking exercises appear first, followed by STRETCHING, and then running exercises. Perform the workout in this order.

SPRINT I
walking lunge -2x10yd.
backward lunge-2x10yd.
STRETCH
arms/legs-2x15sec.
hi knees-2x20yd.
butt kick-2x20yd.
extensions-2x20yd.
form stride-2x25yd.
foot fire-4x5yd.

SPRINT II
march-2x10yd.
backward stride-2x10yd.
STRETCH
hi knee/butt kick
      combo-2x30yd.
coil & extend-2x20yd.
back hi knee-2x20yd.
on line stride-2x40yd.
form stride-3x25yd.
sprinter starts 10x5yd.

SPRINT III
stand hip flexor-3x15sec.@ leg
arms/legs-3x15sec.
STRETCH
hi knee/butt kick
      extensions-2x30yd.
backward stride-2x30yd.
power skip-2x30yd.
crossover line-2x40yd.
form stride-4x25yd.
sprinter starts-15x5yd.

AGILITY I
walk shuffle-2x10yd.
STRETCH
lateral butt kick-2x10yd.
lateral hi knee-2x10yd.
shuffle-2x10yd.

AGILITY II
lateral walk-2x10yd.
STRETCH
lateral hi knee-2x20yd.
shuffle-4x10yd.
lateral run 4x20yd.
football starts-10x5yd.

AGILITY III
walk carioca-2x10yd.
STRETCH
lat. hi. knee crossover-2x20yd.
shuffle/lateral run-4x5yd./20yd.
carioca-2x20yd.
football starts-20x5yd

- on schedule will see form-Sp I,II,or III / Ag I,II.or III
     Sp&Ag = do Sprint form (Sp) or Agility form (Ag)
     I,II,or III = level of exercises to perform
- up & back = 2 reps
- perform walking exercises to loosen joints and muscles
- perform running exercises 1/4 - 1/2 speed
- concentrate on proper form- arm action: relax shoulders & hands- arm swing from
     shoulders allows thumbs to go from hip-chin
     hands NEVER cross chin or mid-point of body
     - leg action: execute the exercises by keeping the hips and
     legs relaxed and controlled
-rest 15-20 seconds between reps and exercises
-stretching: between walking exercises and running exercises
     concentrate on - neck,shoulders,lower back,groin,quads,and hamstrings
     do Sumo last-lock fingers behind head,keep chest up,back arched,& feet flat
-WORK TO IMPROVE FORM BY NOT HURRYING THROUGH EXERCISES

THESE ARE WARMUP EXERCISES TO TEACH PROPER RUNNING FORM AND TO PREPARE FOR THE SPEED OR AGILITY WORKOUT - THEY ARE A MUST !!!

PHASE II SHORT AGILITY PROGRAM
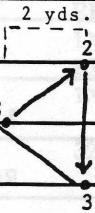
Do Equal reps starting from each side

Rest 15-30 seconds between reps

G				
5	**QUICK STEPS**			
10	Use 4-6 inch Step			
15	**Front**	**Level I**	**Level II**	**Level III**
20	Rt Side	1Cx30 secs	2Cx20 secs	3Cx10 secs
25	Lt Side	Rest 2 min	Rest 1.5 min	Rest 1 min
30	**Back**	1Cx30 secs	2Cx20 secs	3Cx10 secs
35		10 sec recs btwn reps	5 sec btwn reps	no reps btwn reps
40				
45	#C= Number of Circuits		4 reps per circuit:	
50	**Face Paralell to the steps, move feet as quickly as possible, 2 feet on step then ground.**			
45	**LINE RUN**			
40				
35	**Side to Side**	**Level I**	**Level II**	**Level III**
30		3x30 secs SS	4x20 secs SS	5x10 secs SS
25		Rest 1 min	Rest 1 min	Rest 1 min
20	**Front to Back**	3x30 secs FB	4x20 secs FB	5x10 secs FB
15				
10	Stay in Football Position, Keep head up, work as quickly as possible			
5	Continous, 4 steps Rt side line - lat step - 4 steps Lt side line			
G				

LONG AGILITY PROGRAM
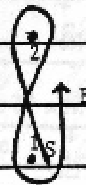
Do Equal reps starting from each side

Rest 15-30 seconds between reps

10 YARD SHUTTLE DRILL

	Level I	Level II	Level III
	Run 4 Rt	Run 5 Rt	Run 6 Rt
	Rest 1 min	Rest 1 min 15 sec	Rest 1.5 min
	Run 4 Lt	Run 5 Lt	Run 6 Lt

Start in 3 pt stance, open hip & elbow and sprint to far line, Plant O/S foot, Sprint to opposite far line, plant O/S foot, Sprint to finish. Emphasize elbow throw to open hip.

Do Not Touch Hand On Ground On Plant

20 YARD OPEN

	Level I	Level II	Level III
	Run 4 Rt	Run 5 Rt	Run 6 Rt
	Rest 1 min	Rest 1 min 15 sec	Rest 1.5 min
	Run 4 Lt	Run 5 Lt	Run 6 Lt

Start in 3 pt stance facing away from drill, Open O/S hip and elbow Sprint to marker 2, Plant O/S foot ONLY, Open I/S H & E Sprint to marker 3, Plant O/S Foot Sprint to finish.

PHASE II LONG AGILITY PROGRAM

Do Equal reps starting from each side

Rest 15-30 seconds between reps

FIGURE 8

	Level I	Level II	Level III
	Run 4	Run 5	Run 6
	Rest 1 min	Rest 1 min 15 sec	Rest 1.5 min
	Run 4	Run 5	Run 6

Start in appropriate stance start on right side of cone, run around cone 2 on the left side

Run around cone 1 on the right side, sprint to finish..

TRIANGLE DRILL

	Level I	Level II	Level III
	Run 4	Run 5	Run 6
	Rest 1 min	Rest 1 min 15 sec	Rest 1.5 min
	Run 4	Run 5	Run 6

Start in 3 pt stance facing marker 1, Sprint to Marker 1 plant Rt,

Sprint to marker 2 plant Lt, Sprint to marker 3 plant Rt, Sprint back

to marker 2 plant Lt, Sprint to marker 1 plant lt, Sprint to finish.
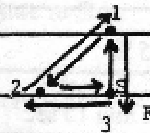
STAR DRILL

SHUFFLE, LATERAL RUN, SPRINT OR BACKPEDAL TO MIDDLE, PLANT, SPRINT
TO AND BREAKDOWN AT EACH NUMBERED POINT. JOG BACK TO THE
STARTING POINT.

REST 15 - 25 SECONDS BETWEEN EACH REP.
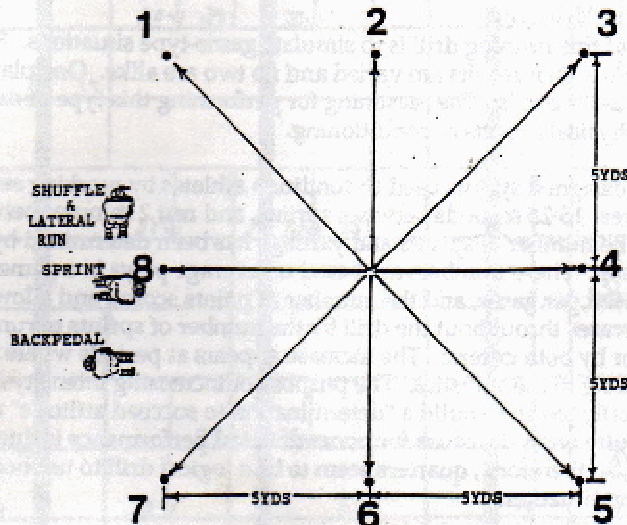
LEVEL I	LEVEL II	LEVEL III
1X8 SH.RT.	1X8 SH. RT.	1X8 SH.RT. - UPD
REST 1 MIN.	REST 1 MIN.	REST 1 MIN.
1X8 SH. LT.	1X8 SH. LT	1X8 SH. LT. - UPD
REST 1 MIN.	REST 1 MIN.	REST 1 MIN.
1X8 LAT. RUN RT.	1X8 LAT. RUN RT.	1X8 LAT. RUN RT. - UPD
REST 1 MIN.	REST 1 MIN.	REST 1 MIN.
1X8 LAT. RUN LT.	1X8 LAT. RUN LT.	1X8 LAT. RUN LT. - UPD
	REST 1 MIN.	REST 1 MIN.
32 TOTAL SPRINTS	1X8 SP. RT.	1X8 SP. RT.
	REST 1 MIN.	REST 1 MIN.
	1X8 SP. LT.	1X8 SP. LT. - UPD
		REST 1 MIN.
	48 TOTAL SPINTS	1X8 BP. RT. - UPD
		REST 1 MIN.
		1X8 BP. LT. - UPD
		64 TOTAL SPRINTS

*KEY:
SH. = SHUFFLE
LAT. RUN = LATERAL RUN
SP. = SPRINT
BP. = BACKPEDAL
RT. = START FORM RIGHT SIDE
LT. = START FROM LEFT SIDE
UPD = DO UPDOWN IN MIDDLE, THEN SPRINT TO NUMBERED POINTS

QUARTERS

The purpose of this running drill is to simulate game-type situations. Every play in every game is unique in that results are varied and no two are alike. One play may last 8-10 seconds and the next, 2-3 seconds. The reasoning for performing this type of drill is to train both mental and physical aspects of conditioning.

Quarters are designed sprints used to condition athletes by working sets of intervals that last 2-8 seconds, rest 15-25 seconds between sprints, and rest 2 minutes between sets, called "quarters." The number of sprints and yardage has been determined by statistics from the previous season. These numbers are based on average plays in a game, yardage gained and yardage allowed per game, and the number of points scored and allowed per quarter. Intensity increases throughout the drill by the number of sprints to run, by the distance of each sprint, or by both criteria. The increase appears at periods where the team performed poorly according to the statistics. The purpose of increasing intensity is to teach the athlete to become mentally tough to build a "determination to succeed attitude" when faced with adversity. Quite often the cause for poor statistical performance is due to lack of physical conditioning, so therefore, quarters seem to be a logical drill to use because of the ability to simulate game situations

The procedure of the drill is to run each set of sprints in succession according to the prescribed schedule,i.e., if the 2nd quarter is scheduled on the workout, run the 1st quarter, rest 2 minutes, then run the 2nd. Rest the allotted times to ensure maximum effort on each sprint. The number of sprints ,total yardage, and the distances by quarter are as follows:

     1st- 16 sprints-280yds.- 15,5,20,10,10,30,40,10,20,5,15,10,10,40,45,35

     2nd-13 sprints-200yds.- 20,45,15,5,5,10,5,5,20,25,10,30,5

     3rd-12 sprints-210yds.- 5,5,5,5,40,30,10,10,20,50,15,15

     4th-19 sprints-250yds.- 10,25,30,5,45,10,10,5,35,5,5,5,10,10,5,15,5,5,10

     OT -8 sprints-140yds.- 20,25,15,10,5,10,10,4

      *REST 15-25 SEC. BETWEEN SPRINTS
      **REST 2 MIN. BETWEEN QUARTERS 1&2, 3, 4, & OT
      ***REST 4 MIN. BETWEEN QUARTERS 2&3-HALFTIME
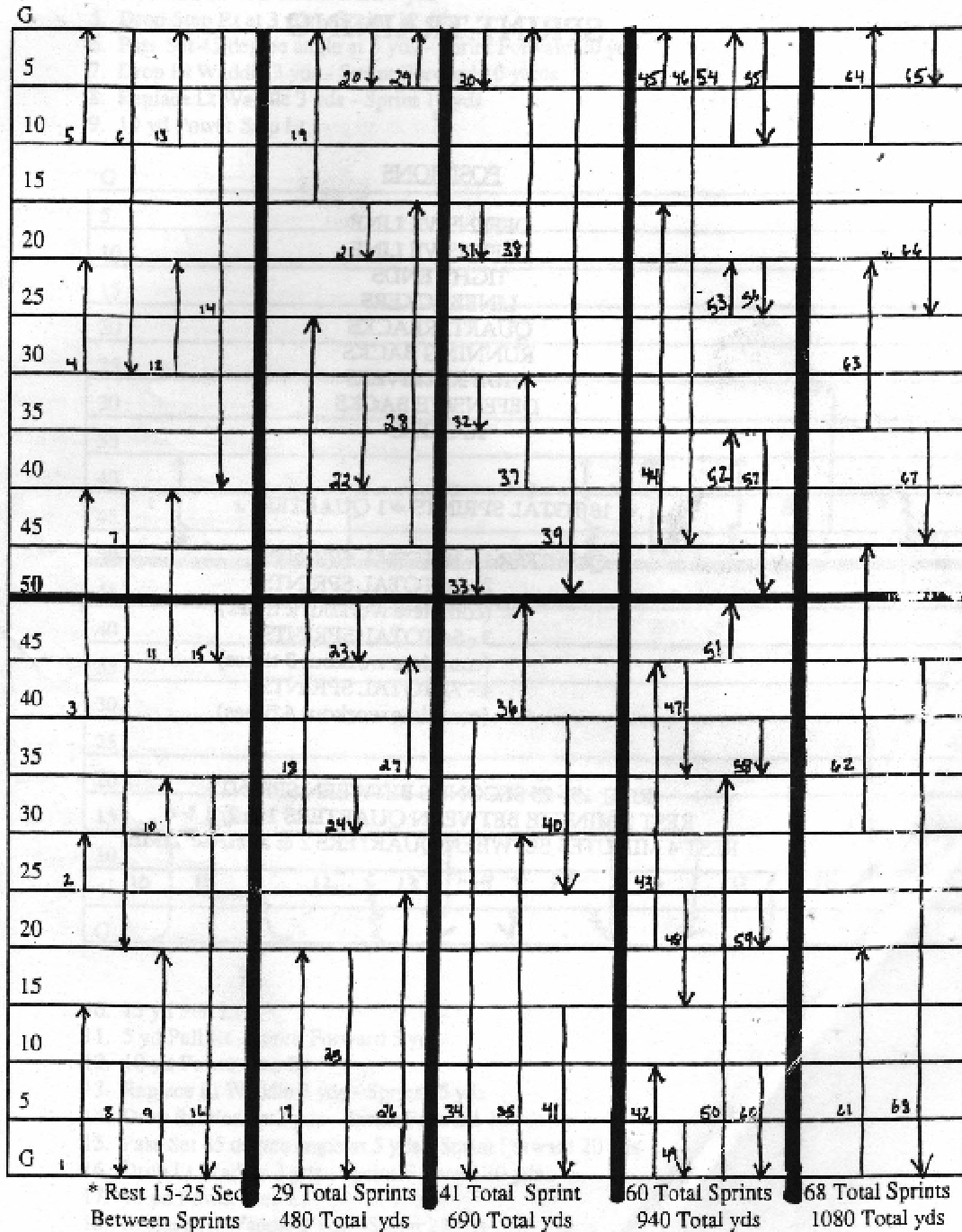
QUARTERS

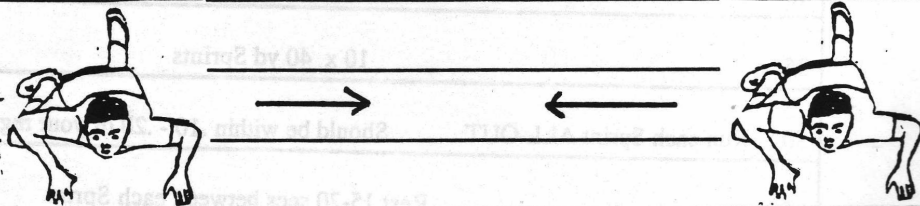| 1st Quarter	2nd Quarter	3rd Quarter	4th Quarters	Over Time
16 Sprints	13 Sprints	12 Sprints	19 Sprints	8 Sprints
280 yds	200 yds	210 yds	250 yds	140 yds

RUNNING DRILLS

G		
5	**STEELER DRILL**	
10	4 x 400 yd Sprints Use a Track if Possible	
15	**Level I**	**Level II**
20	Line 1 min 40 secs	Line 1 min 30 secs
25	Combo 1 min 30 secs	Combo 1 min 20 secs
30	Skill 1 min 20 secs	Skill 1 min 10 secs
35	Rest 3-4 min between Sprints	
40	Use these times as a Goal for all 4 Sprints	
45		
50		

45	**LATERAL GETUPS**		
40			
35			
30			
25			
20	Sprint 10 yds on Getup Rest: 15-25 sec between Reps Rest: 1-2 min between Sets		
15	**Level I**	**Level II**	**Level III**
10	Run 5 Lt/5 Rt Rest 2 min	Run 5 LT/5 Rt Rest	Run 5 LT/5 Rt Rest
5	Run 3 Lt/3 Rt Rest 1 min	Run 3 Lt/3 Rt Rest	Run 5 LT/5 Rt Rest
G	Run 3 LT/3 Rt	Run 5 Lt/5 Rt	Run 5 LT/5 Rt Rest

RUNNING DRILLS

G	
5	**16 x 110 YD TEST**
10	
15	
20	Line 19 secs
25	Combo 18 secs
30	Skill 17 secs
35	Rest 30 - 45 secs between Sprints
40	These are the times you must meet in Camp
45	
50	
45	**5 MIN DRILL**
40	
35	10 x 40 yd Sprints
30	Run each Sprint ALL OUT Should be within .10 - .20 of your regular 40 time
25	Rest 15-20 secs between each Sprint
20	
15	
10	
5	
G	