

DP Distance 2019 – Micks’ Drills, Strength

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Before races & workouts	For strength and mobility and form (2x/week)	
<ul style="list-style-type: none"> • Warm-up jog (10 min) <p><u>Then:</u></p> <ul style="list-style-type: none"> • Knee hugs • Shin pulls • Ham string • Leg-over-leg • Quad stretch • Stretching lunges • Lateral lunge (left&right) • ‘Open the Gate’ (hips) • Straight leg kicks • Snap-downs • Side-shuffle • Caryoki • Backwards • A-skip • A-skip for height • A-skip fast • High knees • High heels • 1-leg pickups • Accelerations (4x) • (2-300m at pace) <p><u>Running form cues</u></p> <ul style="list-style-type: none"> • Running tall, hips under shoulders, weight on balls of feet • Legs: front-side: toes up, strike under body, active strike • Legs backside: quick off the ground;, foot over ankle or calf • Arms: elbows high in back; hands up in front & close to body. • Turnover/light step 	<p><u>Initial drills</u></p> <ul style="list-style-type: none"> • Warm-up jog (10 min) <p><u>1 set of these:</u></p> <ul style="list-style-type: none"> • Knee hugs • Shin pulls • Ham string • Leg-over-leg • Quad stretch • Stretching lunges • Lateral lunge (left&right) • ‘Open the Gate’ (hips) • Straight leg kicks • Snap-downs • Side-shuffle • Caryoki • Backwards <p><u>Running form support drills:</u></p> <p><u>2-3 sets of these:</u></p> <ul style="list-style-type: none"> • A-skip – knee up/toes up • A-skip high (power) • A-skip speed • Straight-leg->run • High knees • Bounding • Feet over calves • Rocket 30 meters 	<p><u>More drills/strength/core</u></p> <ul style="list-style-type: none"> • Side shuffle in crouch • Dbl leg hopping – 10 meters • Frog hops – 6x • Fast feet forward • Fast feet side • Frog hops (2nd set) – 6x <p><u>Short back-and-forth:</u></p> <ul style="list-style-type: none"> • Side-to-side ski jump • Side-to-side shuffle jumps • Pivots (back and forth) <p><u>In place:</u></p> <ul style="list-style-type: none"> • Squat jumps – 10x • Up on 2/down on 1 - 20x • Scissor (lunge) jumps – 10x • Heel lifts – 20x • Squat jumps (2nd set) – 10x <p><u>On ground:</u></p> <ul style="list-style-type: none"> • Plank-up – 60 sec • Superman – 20x • Leg lift/bicycle – 60 seconds • Donkey kicks – 20x • Side kicks – 20x • Side-plank twists – 20x • Chest slaps & Mountain climbers – 20x <p><u>Post workout/race stretches</u></p> <ul style="list-style-type: none"> • Butterfly (groin) • Knee hug (reclining, glute) • Hamstring (one leg out) • Hollywood (ITBand/glute) • Pretzel/pigeon (IT band/glute) • Stretching lunge (hip flexor) • Quads (standing or reclining) • Calves <p>+ Roll muscles with softball or roller</p>
<u>After workouts and races:</u>		
<ul style="list-style-type: none"> • Cool down jog – at least 10 minutes • Light stretches • Eat something within 30 minutes <ul style="list-style-type: none"> ○ Chocolate milk or 3-to-1 carb/protein bar. 		