














Track Workout

Warm-up

Exercise	Picture	Exercise	Picture
2 laps – slow jog		Walking leg swings: zombie walks	
Side skip: alternating sides		Walking glute stretch	
Standing leg swings (10 of each type for each leg): forward & back, back & forth across torso	 	Walking hip stretch	

Track Workout

Drills

Exercise	Picture	Purpose
<p>A-skips: skipping with high knees</p>		<p>Reinforces midfoot landing, high cadence, and improves coordination</p>
<p>Running with high-knees</p>		<p>Reinforces midfoot landing, high cadence, and hamstring flexibility</p>
<p>B-skips: drive up knee then extend leg</p>		<p>Improves coordination and hamstring flexibility</p>
<p>Butt kicks</p>		<p>Improves quadricep and hip flexor flexibility while reinforcing high cadence</p>
<p>Carioca</p>		<p>Improves coordination and increases hip flexibility</p>
<p>Ankling/Quick feet</p>		<p>Helps facilitate the proper loading and spring during running</p>








Track Workout

Sprints

Exercise	Description	Picture
Indian file	Run around the track in single file, and person at the back sprints to the front. Pace should be slow in between sprints.	
Capture the 'flag'	Split into two teams. Run around a square/circle. When leader blows whistle, everyone races to the centre to grab the 'flag'.	
Fox and hounds	Set a distance, then send one athlete off and after a few seconds all the other athletes try to catch the runners before they reach the set target. Keep changing the leader.	
Paarlaufs	Set up pairs. One of each pair runs half a lap of the track, while the other of the pair walks across the middle of the track. The pair then swap.	 <p data-bbox="1026 1547 1326 1597">Figure 8.2 Paarlauf (pair-running)</p>
Shuttle relays	Split into teams of three or more.	

Track Workout

Cool-down

Exercise	Picture	Exercise	Picture
2 laps slow jog		Adductor stretch	
Calf stretch		Iliotibial-band stretch	
Quadricep stretch		Piriformis stretch	
Hamstring stretch		Groin stretch	