

The background features a large, light purple watermark of the Stephen F. Austin State University logo, which includes a shield with a star and the letters 'SFA'.

THE ELITE RUNNER:

PLYOMETRICS & MOVEMENTS ADVANCED

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PURPOSE

The main purpose of plyometrics/drills is to improve your biomechanics and in turn improve your running efficiency. The drills are designed to break down your running form and work on them in individual pieces. This will not be a short-term payoff it will be a long-term gain in which you will see later on in the season if not towards the end of the year.

IMPLEMENTATION

We will do these twice a week once we get comfortable with the proper way to execute each drill. These drills will be performed by doing these 2x10-20 meters. **This is not a 10-20 meter race!** The goal is to do as many in the 10 meter distance. The drills are quick precise and we need to take them seriously. If we are not doing these correctly then you will see little to no benefit. Do these drills in this specific order.

ADVANCED MOVEMENT

- Carioca– Move sideways actively pushing off with one leg and reaching with the other. Do the drill so both legs are stressed in both directions. Knee UP then across your body. **(20Meters)**
- Backward Running – As it sounds, make sure you extend out with your leg, reach, and pull back to the body. **(20Meters)**

ADVANCED MOVEMENT

- Bounding – Almost an exaggerated skip but is much more dynamic. The goal is to hang in the air as long as possible and when you touch down immediately bound back up into the air. At the top of the phase your knees should be fairly far apart. Think of it as “jumping over a creek”. **(20Meters)**

ADVANCED MOVEMENT

- B Skip – Just like a skip, however, when the knee becomes parallel to the ground, flick your lower leg out, foot held in a cocked or loaded position, and then bring back down to grab and pull at the ground. **(20Meters)**

ADVANCED MOVEMENTS

- **Leg Cycles** – Done standing with hand on something. Hold one leg up with the quad parallel to the ground, then cycle the leg all the way through the entire running motion. Concentrate on both striking the ground quickly and then pulling the leg immediately back up into the starting position. **15 cycles w/ both legs.**
- **Leg Swings** – Done standing loosely swing the forward and back and side to side. Designed to shake out remaining tension from your muscles. **10-15 swings w/ both legs**

Final Thoughts

- Remember to do these drills quickly and take rest as needed.
- You need to do these once you have completed your run and strides.
- This will make sure that you are plenty warm, if doing them correctly you could feel heaviness or burning.
- With that being said we will probably increase the distance as you all start to become efficient.