

The background features a large, faint 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 BEGINNER

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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.

BEGINNER MOVEMENTS

- Skipping– Work on getting knees up and swinging your arms loosely. **(20Meters)**
- High Knee– Quad/Upper leg should drive until it is parallel to the ground with your heel tight against you butt. Do not bounce. **(10Meters)**

BEGINNER MOVEMENTS

- Butt Kicks – Keep your knees, hips, and shoulders in a direct line under your body. Swing your heel out and let it hit your butt. Swing arms smoothly. **(10Meters)**
- Drum Majors – Stand straight up. Push off forward from your toes while keeping your legs straight. The emphasis is on pushing off as soon as the foot hits the ground. Swing your arms. **(10Meters)**

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.