

### **Walking Drills (pre-run)**

Heel Walks (w/arm circles)  
Toe Walks (w/arms crossing)  
Backwards Steps  
A Marches  
Sidesteps  
Leg Swings (Forward & Lateral)

### **Sprint Drills (workout days)**

Heel Walks (w/arm circles)  
Toe Walks (w/arms crossing)  
Backwards Skips  
Butt Kickers  
A March  
A Skip  
High Knees  
Straight Leg Shuffle  
Carioca

### **Barefoot Walking Drills**

Heel Walks  
Toe Walks  
Outside Edge of Foot  
Inside Edge of Foot  
Toes Pointed Out  
Toes Pointed In  
Alphabet

### **Core X (30 seconds each)**

Running V-sits  
Flutter Kick w/Arms  
Flutter Kick V-sits  
Side Plank Leg Lift (one side)  
Supine Leg Lift  
Side Plank Leg Lift (other side)  
Supermans  
Push-Up to Side Plank  
Scissor V-sit  
Clapping Push-Ups

### **Back Maintenance**

Alternating Supermans (x10)  
Prone Double Arm Raise (x10)  
Prone Straight SL Lift (x10)  
Prone Army Crawl (x10)  
Straight Leg Circles (x5 – 2 ways)  
Good Mornings (x20)  
Superman Shoulder Squeeze (x10)  
Flutter Kick w/Arms (30 sec)  
Exaggerated Crunches (x10)  
Cat-Cows (x10)

### **Hip Mobility**

Donkey Kicks (x10)  
Scorpions (x10)  
  
Donkey Whips (x10)  
Iron Cross (x10)  
  
Fire Hydrants (x10)  
Side Plank & Leg Lift (x5)  
  
Trail Leg (x5 – Forward/Backward)  
Lateral Leg Swing (x10)  
Linear Leg Swing (x10)  
Push-Ups (x20)

### **Planks (60 seconds each)**

Forward Plank  
Left side Plank  
Right side Plank  
Back Plank