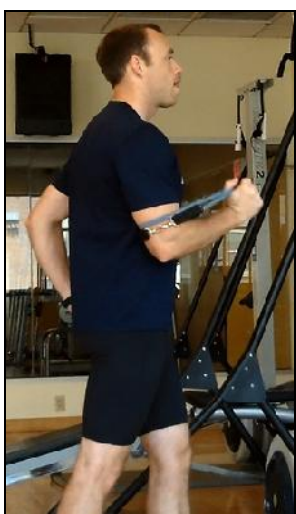




Module 2 - Drills

1. String/elastic bands running motion – Perform for 30 seconds
2. Holding rocks – Run strides or short runs
3. Wall lean drill – 30 seconds
4. A-Marching – 50 to 75 meters
5. B-Marching – 50 to 75 meters

String/elastic bands



Take a string or theraband and wrap it around your elbow and hold the other end in your hands. This should force your arms into a 90 degree angle. Now, perform the running motion with your arms. The theraband will fall of your elbow if your arms develop more than a 70 or 120 degree angle.

Holding rocks





Find two small rocks and grasp them in your hands lightly. Hold the rocks with you on the run, which will reinforce a loose grip running style.

Lean against a wall



Lean against a wall (brace with your hands), ensuring that the lean comes from your ankles, not from the waist or the shoulders. Your body should be in one straight line from your ankles to your head. Perform the running motion while against the wall.

A-Marching



Begin by walking slowly forward on the balls of your feet using small (12 to 18 inch) steps. Your heels should not touch the ground during this exercise. Continue by raising your right knee to hip level (with thigh parallel to the ground) on each stride. Your right





foot should be "cocked" (making your ankle and foot look like a fishhook) at the top of the leg swing, and your right ankle should be directly under or slightly behind your right knee (your knee should be at a 90 degree angle or slightly less). Rise on the toes of the left foot, extend the left ankle and knee as your body passes over the left foot during the walking stride. Your trunk should be held upright (think "chest tall and slightly forward"), and your chin should be held level. Swing your arms slowly and deliberately in a mock running motion in rhythm with the marching/walking strides. Repeat this action, raising the left knee to hip level with the left leg moving through a normal walking stride into full extension on the toes, for 20 to 40 meters. All of your movements should occur in a slow and controlled, not jerky manner.

B-Marching



The "b" march is performed in the same manner as the "a" march except you drive your leg out and back as opposed to keeping it bent at a 90 degree angle

