

Before you begin - the warm-up
Heel-toe drill



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Heel-toe drill This exercise warms up the foot, ankle and calf muscles. A lot of athletes forget to warm up these important areas. Step forward, landing on the heel of the front foot while you simultaneously rise up on to the ball of the back foot. Roll through to the ball of the front foot, at the same time bringing the back leg forwards to land on the heel again. Move your arms in a slow running action. Repeat.

Routine: Continue for 20 meters

Double ankle bounces



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Double ankle bounces

This exercise progresses from the heel-toe drill to further warm up the lower legs, adding impact and helping to speed up the rate of contact with the ground. Jump up and down, focusing on "reacting up", not allowing the heels to touch the ground and actively pointing and flexing the feet. Keep a slight bend in the knees. Raising your arms overhead adds a core challenge.

Routine: Continue for 10 meters

Heel flicks



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Heel flicks This drill warms up the front and back of the thighs, improves range of motion in the knees and hips and gets you focused on correct timing and rhythm. Moving forward in a running action, bring your heels up to your bottom, bouncing from foot to foot and staying on the balls of your feet.

Routine: 2 x 10-20 meters.

High knees



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High knees This drill further improves range of motion at the hip and helps you stay tall when running. It also works on maximizing stride length. Move forward in a running action but exaggerate bringing your knees up to the front and do not lean your torso backwards. Stay on the balls of your feet, and use your arms as if you were running.

Routine: 2 x 10-20 meters.