

LEVEL 5 - Running preparation

Goals:	
1	Tuck jump screening (x10 reps) good form

Performance preparation - Dynamic flexion

Plyometric preparation programme (PPP)

(x2 per week)

60 – 80 contacts in total (one contact = one landing).

- Mini jump squats – arms parallel
- Reverse lunge + hop
- Speed skater (soft and deep)
- Squat to forward hop
- Mountain climbers

Medicine ball training continued.

1. SL Hay bales
2. Hamstring flip ups
3. Rotation and throw against wall.
4. Wood chop to bounce
5. High toss – (*triple extension*)

Criteria for progression to level 6	
1	Review with Physio and gait analysis on treadmill
2.	Good triple extension in all exercises.

TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
Performance prep		CV		Performance prep
PPP		Mobility work		PPP
Medicine ball drills				Medicine ball drills
CV as able.				

Drill	Description
Walking on the balls of your feet	Do not walk on the ends of your toes Keep of the heels Maintain upright posture Maintain correct arm mechanics
Ankle flicks	Skipping type motion where the balls of the feet plant, then flick up towards the shin. Bouncing manner. Work of the balls of the feet
Knee to chest	Stand tall and bring the knee of one leg up to the chest and squeeze it in with your hands, the foot is then returned to the ground and repeated with the other foot
Small skips	Cover the length of the grid in a slow skipping motion. Knee to be raised to an angle of approx 45 – 55°
Wide skip	Feet are kept at shoulder width apart through out the drill and knees face outwards at all times. Keep of the heels. Do not take the thigh above 90°
Single knee dead-leg lift	Cover the grid by bringing the knee of one leg quickly up to 90° position. The other leg should remain as straight as possible with a very short lift of the ground throughout the movement. The ratio should be 1:4 (i.e. 1 lift to every 4 steps). Repeat on opposite leg
High knee lift skip	High skipping motion: Thigh to be taken past 90° Balls of the feet Strong core throughout
Lateral running	Short side-steps Keep hips square Work of the balls of the feet. Do not skip. Do not let the feet cross over
Ice skating	Lean slightly forwards, swing the arms across the body, whilst side stepping from left to right like an ice-skater.
Knee out skip	Skipping motion. The knee moves laterally from the centre of the body outwards and back to the centre before taking the next step.
Russian walk	Perform a walking march with a high extended step. Imagine that the aim is to scrape the sole of your shoe down a door. Lift the knee before straightening the leg Walk of the balls of your feet. Try to keep of the heels. Keep the hips square
Walking lunge	Front leg to 90° and thigh at a horizontal position, the back leg should also be at 90° angle but with the knee touching the ground and the thigh vertical.
Side lunge	Take a wide lateral lunge and simultaneously lower the gluteals to the floor. Do not bend at the waist Try to keep of the heels
'Twist again'	Feet together. Jump forwards moving the feet to the left and then across the body to the right. The arms should be fired across the body for balance and speed.
Walking hamstring	Walk forwards extending the lead leg heel first on the ground applying a gentle hamstring stretch. Continue alternating the lead leg.
Hamstring buttock flicks	Alternating leg flicks where the heel moves up towards the buttocks. Start slowly and build up Work of the balls of the feet. Maintain an upright posture, Try to develop a rhythm.

Plyometric preparation programme



