

# *BHS Winter Training Drills*

1. *600m Skip*
2. *30m Toe walks—roll through from heel to toe*
3. *30m heel walk back*
4. *Hamstring Partner (or wall) tension for 8 seconds x3*
5. *Hip flexor stretch*
6. *Plank Spiderman*
7. *30m Loose skip clap in front*
8. *30m Scoops*
9. *30m Lunges*
10. *30m Sumo Lunges*
11. *30m Loose Skip clap in back*
12. *Standing Quad Stretch*
13. *40m acceleration*
14. *30m C Skip / in place first*
15. *Carioca / 5m slow-mo first*
16. *Front Leg Swing*
17. *30m A Skip / In place first*
18. *30m Step over drive down*
19. *Backwards Run*
20. *40m accelerations x 3*

## *Extended Warm Up*

- *50 Mountain Climbers*
- *50 Wall Drill Marches*
- *50 Lateral Skaters*
- *10 Partner Assisted Starts*
- *10 Partner Assisted Let Gos*
- *2xPartner Assisted Let-Go into a 40m explosive start*

# *BHS Winter Training Quick Pre-Run*

- *Slow High Knees followed by Fast High Knees*
- *Butt Kicks / Ankling*
- *A-Skip*
- *B-Skip*
- *Regular Forward Skip*
- *Forward Arm Circles Skip*
- *Reverse Arm Circles Skip*
- *Heels/Toes*
- *Lateral Shuffle (swinging arms up above head, then down above quads in one fluid motion)*
- *Leg swings—front and side (10 each leg and each way)*
- *5 minutes hallway running*
- *Body squats (count of 10)*
- *Glute bridge (hip raise-while on your heels, alternate raising the legs to chest level, then back to the ground. (10 each leg)*
- *Glute activators (lay flat on your stomach and bring one up to 90 degrees. Pulse straight up, one leg at a time (10 each leg)*
- *Pogo Accels (4x) w/Run-Out (75%)*
- *Personal Choice Stretches*

*Complete prescribed run*

- *Roll Out*