



## Track and Field Training Drills

### Begin with the Track and Field Warm Up

- The warm up incorporates many drills that are helpful in training for track and field events

### Straight Leg Running

- For this drill, the athletes will run with their legs straight (not bending at the knees or ankles) for 25 meters and then repeat on the way back. This drill can be repeated multiple times.

### Push-Up Starts

- For this drill, the athletes will begin lying face down on the ground with their hands underneath them in a push-up position. On cue, the athletes will push themselves up and sprint ahead 25 meters. This drill can be repeated multiple times.

### Mountain Climber Starts

- For this drill, the athletes will perform mountain climbers for approximately 5-15 seconds. On cue, the athletes will then move into a sprint for about 25 meters. This drill can be repeated multiple times.

### Backwards Running

- This movement is similar to backpedaling, however, the stride is elongated and there is more of a reach back. This should be done for about 25 meters and then repeated on the way back. This drill can be repeated multiple times.

### Fast Legs

- For this drill, the athletes will run with their legs straight, on every 3<sup>rd</sup> stride, the athlete will then bring around the opposite leg quickly (by bending at the knee). This should be done for 25 meters and then repeated on the way back. This drill can be repeated multiple times.

### Bounding

- This movement is similar to skipping, however, it is more of an exaggerated end elongated skip. This should be done for 25 meters and repeated on the way back. This drill can be repeated multiple times.

### Wall Drill - 1,2,3 Pause

- A wall is needed for this drill.
- The athlete will place their hands on the wall and stand leaning into the wall.
- From this position the athlete will do 3 strong knee drives (similar to running in place or high knees in place) and pause on the 3<sup>rd</sup> kneed drive and hold with their knee up for a couple seconds.
- Continue to repeat this drill for 5-10 rounds.



### **Ins and Outs**

- For this drill, the athletes will sprint/fast jog for 100 meters, then lightly jog or walk for 100 meters, then go back to sprinting/fast jogging for 100 meters. This is to be completed for 4 laps around the track.

### **Line Running**

- The athletes will be in a straight line, jogging one behind the other. There can also be a separate group of walkers as well. The athlete in the back will then jog to the front of the line, once the athlete reaches the front of the line, then the new athlete in the back of the line will jog to the front. This will be completed for a designated number of laps around the track. The goal is to have each athlete go through the rotations multiple times.