

Sprint



Sprint Technique Specific Corrective Exercises

Specific Correction	Name of Exercise	Description	Instructional Image
Arm Movement	Isolated Arm Running Video instructions here .	Athlete is sitting on the ground, legs straight in front of them, with their back as straight as possible. Bend the elbow at 90 degrees and swing the arm from the shoulder socket, while keeping torso and legs still. The swinging motion is to replicate how the upper body moves while running. When the arms are moving fast enough, the athlete may feel a natural movement in their legs to move as well.	
Knee Drive	On the Spot High Knees Video instructions here .	Place your arms out in front of you at hip height. Drive one knee up to your hand making and place it back on the ground in the same spot. Then repeat with the other leg. Once this motion become comfortable you can pick up the pace and do running high knees.	
Leg Explosion	Box Jumps	This exercise helps with explosiveness which is very important in sprinting. Start with both feet on the ground slightly more than hip width distance apart. Make sure the box, or bench that you are jumping on is sturdy. Bend down into a semi squat position to get power from your legs and take off both feet at the same time. Make sure you land on the box with both feet at the same time as well.	



Sprint

General Sprint Corrective Exercises

Specific Correction	Name of Exercise	Description	Instructional Image
Core Strengthening	Russian Twist	Sit on the floor and bring your legs out straight. Lean back slightly so your torso and legs form a V-like shape, bracing your abdominal wall to engage your core. Balancing here, twist your torso from side to side without moving your legs. To make this easier keep your feet on the ground, to make it more challenging hold a weight.	
Core Strengthening	V - Sit	Sit on the floor and balance most of your weight on your tailbone. Lift your legs so that the knees are slightly bent in front of you. When you are balanced, lift your arms out towards your toes, tight and straight. Keep your spine extended - imagine you are still sitting tall. To help, you can place your hands behind you and focus on the in and out motion of your legs.	

Improving sprint speed takes patience. It combines strength, cardio, and flexibility. You should go on a walk/run (run at top speed for 30 seconds, walk for 2 minutes and repeat) once a week. You can add any exercises from the general core strengthening and stretching booklet to create a little at home workout.

