

Here are two running drills to practice through the week. Aim for 3x/week, ideally before your normal runs

<b>Drill</b>	Stride Stabiliser 1
<b>Muscle Target</b>	Gluteus Medius
<b>Equipment</b>	None
<b>Form</b>	<ol style="list-style-type: none"> <li>1. Get on your hands &amp; knees on mat or floor</li> <li>2. Keep your left knee bent on floor.</li> <li>3. Keep your right knee bent and raise your right leg out sideways as high as possible</li> </ol>
<b>Tip:</b>	In order to fully engage gluteus medius, focus on <b>not</b> rotating your pelvis as you lift your leg. Keep your body square, and focus on moving nothing but your femur
<b># Reps</b>	<p>20-30</p> <p>Complete your target number of reps then switch to the other side</p>

<b>Drill</b>	Heel Lifts
<b>Muscle Target</b>	Hamstring (primary) & calf (secondary) activation
<b>Equipment</b>	None
<b>Form</b>	<ol style="list-style-type: none"> <li>1. As you run focus on lifting the heel higher</li> <li>2. Keep the knee under the hip</li> <li>3. Try to push off the backfoot utilising the hamstring</li> <li>4. You should notice a mid-foot landing &amp; push-off</li> </ol>
<b>Tip:</b>	<p>The running style may feel strange &amp; a little hypoxic to begin with. Watch the link below of Dennis Kimetto</p> <p>Warm up well, stretch hamstrings immediately at end</p>
<b># Reps</b>	<p>12 x 20" running heel lifts; 30" recovery</p> <p>6 x 1' running heel lifts; 30" recovery</p>

### The Perfect Kenyan Stride:

<http://youtu.be/xX36rgGhPW0>

Dennis is a relatively short 1.71m. Watch how he manages to circulate the heel and calve underneath the hip. He spends minimal time in contact with the ground – this in turn can reduce lower limb injury. Though it will tire out the calf/Achilles complex.