



Basic Running Prep

- Jog return - Sprinter Lunge x 10m
- Jog return - A-March x 10m
- Lateral shuffle return - A-Skip x 10m
- Lateral shuffle return -Ankle Dribble x 20m
- Backward jog return -Ankle/Calf dribble x 20m
- Backward jog return -Ankle/Calf/Knee dribble x 20m
- Complete 2x sets of each before moving to the next

