



TRI RUNNERS

Lesson Ideas: Drills and Technique

Skills and Techniques

Tri Runners will learn to:

- The importance of proper running technique: with practice we can improve and feel more efficient.
- Running can be fun!

Technique Guide

- Head position – Head is the steering wheel, keep still, level and look straight ahead.
- Arms – Bent at the elbow and swinging close to the body - hands in but out of pockets.
- Foot plant – mid foot, not heel or toes.
- Relax your fingers, arms, shoulders and face.
- Light, quick steps – muscles like springs!
- Hips forward, try not to sit back.
- Tall from the waist.

Think about: (these could also be used in a quiz)

- Foot plant - Why don't we place our heel down first? *Acts as a break and results in more impact!*
- Why don't we swing our arms side to side? *Your body will move the same way and slow you down!*
- Why is it important to relax your fingers when running? *If you clench your fists the tension will go up to the arms, shoulders, and neck.*
- Why is skipping good for improving running? *Coordination, foot plant, reduces ground contact time = improved running economy.*
- Why should we lean forward slightly? *It helps you keep moving quickly with the help of gravity.*

What to do – before the session

Equipment

Markers and cones, hoops, 4 ladders, skipping ropes.

If no ladders use tape on floor. If no hoops use cones placed in a circle.

Venue

Flat-grassed surface.

Safety

Ensure runners know which direction to run in and run at a very easy pace when doing drill work. Appropriate rest periods to maintain good technique and opportunity to discuss progress and feedback.

Organisation

Set out a square approx 20mx20m.

What to do – during the session

Easier:

1. Warm up (10 min) - In a group go through mobility and dynamic exercises.

Arm and shoulder circles, hip rotation.

Static: Leg swings (can-can style) - Group in a line holding onto each other's shoulders, swing leg in front (hip high) x5 each leg, then turn to side and swing leg across the body x5 each leg. High knees and drive arms, heel flicks, squats.

Moving: Calf walks, short light steps beginning to jog slowly around square, stop and do 5 small walking lunges each leg, easy jog into 6-10 high knees and heel flicks.

2. 'Drill Square' (20min)

Divide group into teams of 4. First person sets off and completes one side of the square (drills below) then the next one starts. Start walking or slow movements first, then progress onto faster movements.

- High knees – move picking your knees to hip height, not chest to knees!
- Heel flicks – move kicking your bottom
- Skips – skip exaggerating arms and legs.
- Arm action – medium steps concentrating on good arm movements.

Feedback/runners thoughts

Once competent progress onto completing the full square practicing one drill. For example high knees all the way round the square, then the next person goes. Other team members can observe technique and advise each other.

Team Relay - One team member to stand at each cone demonstrating good technique. First person starts then tags next and so on. Repeat 2/3 times.

Feedback/runners thoughts

3. Skipping Ropes – (10min)

Practice skipping on the spot for a couple of minutes – which tri runner can skip the quietest? Light feet - springs! Rest/feedback

30sec as many as you can! Rest.

Buddy up with partner, one skips the other counts how many in 30 sec – beat each other.

Finish off with a Relay Race around the square in teams. Revisit technique drills for an easy paced cool down.

Differentiation

Easier:

2. Smaller square.
2. More rest after drills.

Harder:

2. Larger square.
2. Include a run (to next cone) after each drill, so distance is increased.

Including others:

Non-Runners can identify when poor technique is taking place – scoring the runners technique, number of skips and speed. Shout out commands 'arms bent at elbow', 'head still'. Constructively feedback.

