

Post Kicking Running Workout



Running Drill

40 yard Hippie Sprints x10

- Run with your hips out in front of you.
- Lean back slightly.
- Kick your legs out in front of you as you run.

30 yard Backward Butt-kickers x10

- Backpedal and kick your but on each step.

Stadiums (Amount depends on size of stadiums).

- Alternate
 - Big Steps (strength)
 - Little Steps (speed)

Hill Sprints 20-40 yards

- Accelerate up a hill for speed and strength.

Speed Circuit

- 10 Twenties
- 8 Forties
- 6 Fifties
- 4 Hundreds

Suicides

- Sprint 5 Yards and Back, 10 Yards and Back.
- Quick change of direction.

Workout Routines 4 day/week

Day One:

1. Hippie Sprints
2. Backward Butt-kickers
3. Stadiums

Day Two:

1. Speed Circuit
2. Suicides
3. Hill Sprints

Day Three:

1. Hippie Sprints
2. Backward Butt-kickers
3. Stadiums

Day Four:

1. Speed Circuit
2. Suicides
3. Hill Sprints