

FREE FALLIN METHOD

brad pamp

RUNNING DRILLS



VIDEO -<http://www.youtube.com/watch?v=jM-MvdgiDyA&feature=plcp>

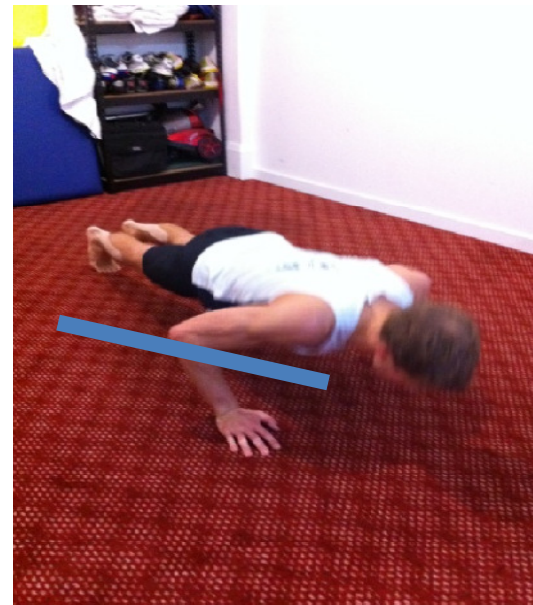
DRILL SET

- Design a 20 metre straight track
- All surfaces are fine – if running barefoot – grassy park is ideal
- Start each run thru with a push ups – they don't have to be deep – use your low tummy muscles groups and keep your body straight

DRILL SET

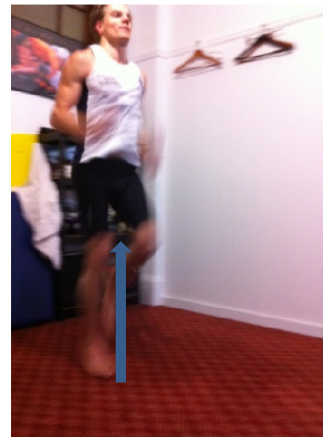
1. High pull ups – jog back
2. Short sharp – jog back
3. Skips – jog back
4. Train tracks – jog back

Complete x 4



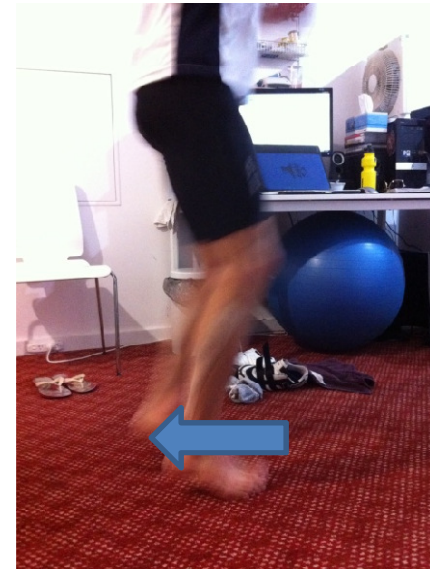
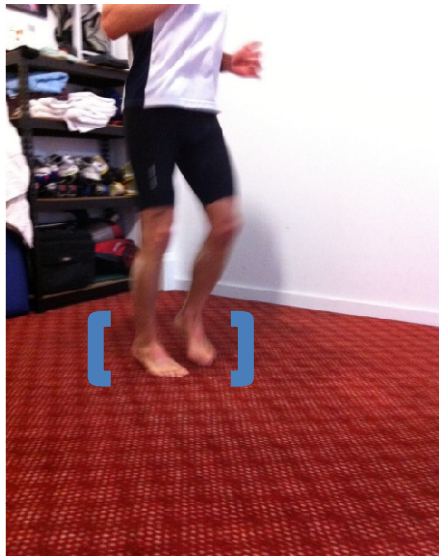
1. HIGH PULL UPS

- Stall tall with perfect posture
- Start by falling forward
- Quickly pull your support foot from the surface right up under your bum
- Don't worry about forward speed – in fact your speed should be slow
- The pull-up should be super fast
- Don't curl your leg, leaving your foot well behind your bum – or Knee lift leaving your foot well ahead of your hips
- It's directly under your bum



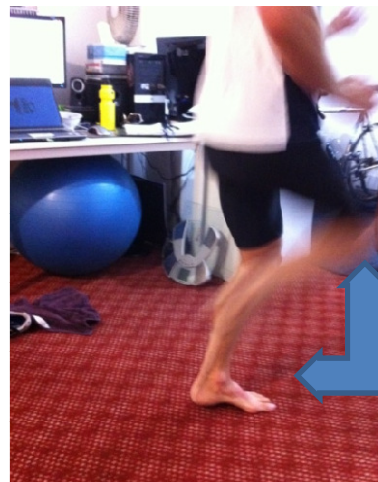
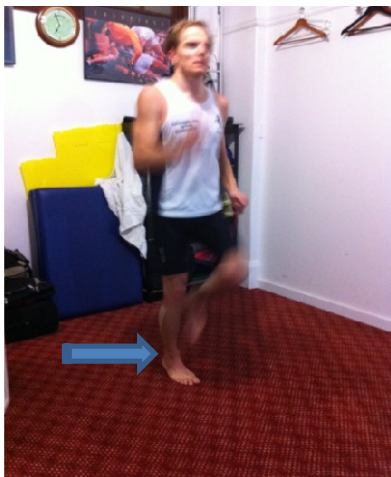
2. *SHORT SHARP*

- Stand tall and lean into first stride
- Keep your stride super short, super low (as in recovery) and super fast
- Your cadence should be 150 strides per 1 leg per minute
- Don't leave your bum behind – run tall



3. SKIPS

- A combination of high pulls and short sharps
- Skipping with a high pull up
- Alternate legs of course
- Hold a tall strong posture once again
- Don't worry about forward speed
- Each skip is performed with a fast pull up



4. TRAIN TRACKS

- Simply shuffle forward on the balls of your feet
- Keep your feet low to the ground
- Spring off the surface

