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KNEE LIFTS FOR SPRINT TECHNIQUE

FROM GRACE VIXAMA -
CITYPARKS TRACK & FIELD, HEAD COACH

SETUP

- ALL YOU NEED FOR THIS EXERCISE IS A WALL OR STURDY PIECE OF FURNITURE

STEP #1

- LEAN UP AGAINST THE WALL OR PIECE OF FURNITURE
- MAKE SURE YOUR ARMS ARE STRAIGHT AND ELBOWS ARE NOT BENT
- FROM THERE, BRING ONE KNEE UP IN FRONT OF YOU AT A TIME, FOLLOWED BY THE OTHER KNEE
- TRY TO STAY AS STRONG AND STURDY AS YOU CAN
- REPEAT 10 TIMES

STEP #2

- TO MAKE THIS MORE CHALLENGING -- HAVE SOMEONE CALL OUT A NUMBER. (I.E 6)
- THEN BRING YOUR KNEES UP UNTIL YOU REACH THAT NUMBER
- REPEAT WITH DIFFERENT NUMBERS FIVE TIMES

**** KEY TAKEAWAY** - KNEE LIFT IS AN ESSENTIAL PART OF BEING ABLE TO RUN FASTER.
PRACTICE THIS TECHNIQUE TO HELP IMPROVE YOUR SPEED.

