The **RUNNING Fundamentals**

5 Workouts per Week  |  Demo Videos  |  Focus Drills

A complete 3 week program to help improve your running skills. Learn “to move as efficiently and effectively as possible” with our skill drills and workout plan.

Written By Jase from V&B Athletic
THE RUNNING FUNDAMENTALS

DAY 1

SKILL  Good posture is the key
To run efficiently it’s important to maintain a strong stable posture. The key components of good posture are head up, eyes forward and shoulders relaxed.

FOCUS
Skill
• Head Alignment
• Shoulders & Arms

Drills
• Head Level Practice
• Shoulder Smiles
• Arm Placement

Remember
• Keep chin up, eyes forward.
• Relax shoulders, smile!
• Elbows bent at 90°
• Thumb touching index finger.
• Swing arms straight through.

WORKOUT
Session  Time Trial
Description
800m in length - Time trials provide a mental boost to help you know where you stand and if your training is on track. Remember to take down your time from today, to refer to at the end of the program.
SKILL  Putting gravity to work

Running is just controlled falling. Falling is caused by gravity. Gravity is free and constant, and when employed to our advantage, it can help us move faster and with as little effort as possible.

FOCUS

Skill
- Controlled Falling

Drills
- Stationary Fall with Partner
- Fall then Run-On with Partner

Remember
- Lean from the ankles.
- Running is just controlled falling, avoid propelling or pushing forwards.

WORKOUT

Session  Intervals

Workout
1x 800 metres, 3 minutes recovery
2x 400 metres, 120 seconds recovery after each 400
4x 200 metres, 90 seconds recovery after each 200
2x 400 metres, 120 seconds recovery after each 400
1x 800 meters
**THE RUNNING FUNDAMENTALS**

**SKILL**  **Aligned for efficiency**

Create forward propulsion by employing larger muscle groups to do the work and reduce unnecessary effort in our legs. Drawing the heel up underneath us helps form the correct stride position whilst allowing gravity to pull us forward.

**FOCUS**

**Skill**
- Lifting not Pushing

**Drills**
- Running “As”
- Pony Stationery
- Running “Bs”

**Remember**
- Lift to lean.
- Propulsion through hip extension.
- Draw heel up.
- Let gravity do the work.

**WORKOUT**

**Session**  Fartlek Session

**Description**
- 1 min fast / 1 min jogging
- 1 min REST
- 1 min fast / 1 min jogging
- 2 min fast / 2 min jogging
- 2 min REST
- 3 min fast / 3 min jogging
THE RUNNING FUNDAMENTALS

**DAY 4**

**SKILL** Our built in shock absorbers

Aim to keep your heel unweighted throughout the stride cycle. Landing on your heel puts undue stress on your body, focus on landing on the mid foot.

**FOCUS**

**Skill**

- Landing on the Midfoot

**Focus Drills**

- Running with shoes on
- Running with shoes off (on grass)

**Remember**

- Land with foot directly beneath your hips, never out in front.
- Avoid landing on heel.
- Keep heel unweighted during stride.

**WORKOUT**

**Session** Progression Run

**Workout**

20 min in duration - start slow and quicken your pace over the course of your run.
THE RUNNING FUNDAMENTALS

SKILL Cadence & putting it all together

Focusing on all skills we covered previously lastly let’s improve your speed by increasing your stride turn over or reducing the contact time between your feet and the ground.

FOCUS

Skill
- Good Posture - head, shoulders, arms
- Controlled Falling
- Lifting not Pushing
- Landing on the Midfoot
- Turn over for Speed

Drills
- Run Throughs at 160bpm
- Run Throughs at 180bpm

Remember
- Focus on skills learnt in previous drills and workouts.

WORKOUT

Session Endurance Run

Workout
3 Km in length - in these early weeks, the goal is to get your body used to longer distances gradually.
Don’t worry too much about the pace; it should feel comfortable.
THE RUNNING FUNDAMENTALS

SKILL  Good posture is the key

To run efficiently it’s important to maintain a strong stable posture. The key components of good posture are head up, eyes forward and shoulders relaxed.

FOCUS

Skill
• Head Alignment
• Shoulders & Arms

Drills
• Head Level Practice
• Shoulder Smiles
• Arm Placement

Remember
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• Elbows bent at 90°
• Thumb touching index finger.
• Swing arms straight through.

WORKOUT

Session  Hills

Description
Run up a short hill at your fastest pace for 25 seconds. Repeat 4x.
Run up a long hill at a pace you can maintain for 60 seconds. Repeat 4x.
Run up a short hill at your fastest pace for 25 seconds. Repeat 4x.
Jog back downhill between each interval.
**THE RUNNING FUNDAMENTALS**

**SKILL** Putting gravity to work

Running is just controlled falling. Falling is caused by gravity. Gravity is free and constant, and when employed to our advantage, it can help us move faster and with as little effort as possible.

**FOCUS**

**Skill**
- Controlled Falling

**Drills**
- Stationary Fall with Partner
- Fall then Run-On with Partner

**Remember**
- Lean from the ankles.
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**WORKOUT**

**Session** Intervals

**Workout**
- 4x 200 metres, 60 seconds recovery after each 200
- 2x 400 metres, 90 seconds recovery after each 400
- 2x 800 metres, 120 seconds recovery after each 800
- 1x 1200 metres
THE RUNNING FUNDAMENTALS

SKILL  Aligned for efficiency
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FOCUS
Skill
• Lifting not Pushing

Drills
• Running “As”
• Pony Stationery
• Running “Bs”

Remember
• Lift to lean.
• Propulsion through hip extension.
• Draw heel up.
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WORKOUT
Session  Fartlek Session

Description
2 min fast / 2 min jogging
1 min fast / 1 min jogging
1 min REST
1 min fast / 1 min jogging
1 min fast / 1 min jogging
1 min REST
1 min fast / 1 min jogging
1 min fast / 1 min jogging
THE RUNNING FUNDAMENTALS

SKILL  Our built in shock absorbers

Aim to keep your heel unweighted throughout the stride cycle. Landing on your heel puts undue stress on your body, focus on landing on the mid foot.

FOCUS

Skill
• Landing on the Midfoot

Focus Drills
• Running with shoes on
• Running with shoes off (on grass)

Remember
• Land with foot directly beneath your hips, never out in front.
• Avoid landing on heel.
• Keep heel unweighted during stride.

WORKOUT

Session  Progression Run

Workout
25 minute - start slow and quicken your pace over the course of your run.
SKILL Cadence & putting it all together

Focusing on all skills we covered previously lastly let’s improve your speed by increasing your stride turn over or reducing the contact time between your feet and the ground.

FOCUS

Skill
- Good Posture - head, shoulders, arms
- Controlled Falling
- Lifting not Pushing
- Landing on the Midfoot
- Turn over for Speed

Drills
- Run Throughs at 160bpm
- Run Throughs at 180bpm

Remember
- Focus on skills learnt in previous drills and workouts.

WORKOUT

Session Endurance Run

Workout
3.3 Km in length - in these early weeks, the goal is to get your body used to longer distances gradually. Don’t worry too much about the pace; it should feel comfortable.
THE RUNNING FUNDAMENTALS

**SKILL** Good posture is the key

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**Drills**
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- Arm Placement

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- Thumb touching index finger.
- Swing arms straight through.

**WORKOUT**

**Session** Hills

**Description**
Run uphill for 2 minutes preferably 90 seconds up and 30 seconds over a crest. Repeat 6x.

If you don’t have a hill, do a 2-minute Progression Run that builds from an average pace to your fastest pace and repeat 6x.

Whether on a hill or flat, allow for full recovery between intervals. i.e. breathing and heart rate almost back to normal.
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Remember
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WORKOUT

Session  Intervals

Workout
2x 400 metres, 90 seconds recovery after each 400
1x 1200 metres, 120 seconds recovery
4x 200 metres, 60 seconds recovery after each 200
1x 800 metres, 90 seconds recovery
2x 400 metres, 90 seconds recovery after each 400
2x 600 metres, 120 seconds after each 600
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**WORKOUT**

**Session** Fartlek Session

**Description**
- 1 min fast / 1 min jogging
- 2 min fast / 2 min jogging
- 3 min fast / 3 min jogging
- 1 min REST
- 1 min fast / 1 min jogging
- 2 min fast / 2 min jogging
- 3 min fast / 3 min jogging
THE RUNNING FUNDAMENTALS

**SKILL** Our built in shock absorbers

Aim to keep your heel unweighted throughout the stride cycle. Landing on your heel puts undue stress on your body, focus on landing on the mid foot.

**FOCUS**

**Skill**
- Landing on the Midfoot

**Focus Drills**
- Running with shoes on
- Running with shoes off (on grass)

**Remember**
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- Avoid landing on heel.
- Keep heel unweighted during stride.

**WORKOUT**

**Session** Progression Run

**Workout**
30 minute - start slow and quicken your pace over the course of your run.
THE RUNNING FUNDAMENTALS

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• Good Posture - head, shoulders, arms
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Drills
• Run Throughs at 160bpm
• Run Throughs at 180bpm

Remember
• Focus on skills learnt in previous drills and workouts.

WORKOUT

Session  Time Trial

Workout
800m in length - time trials provide a mental boost to help you know where you stand and if your training is on track.
Look back at your time from day 1 of the program. How did you improve?

Click to View Demo Video