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 1200 metres, 90 seconds recovery
2x 800 metres, 60 seconds recovery after each 800
4x 400 metres, 45 seconds recovery after each 400
8x 200 metres, 30 seconds recovery after each 200
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
2 min fast / 2 min jogging
3 min fast / 3 min jogging
4 min fast / 4 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**
40 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**
9 Km in length - 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
- Keep chin up, eyes forward.
- Relax shoulders, smile!
- 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 6x.
Run up a long hill at a pace you can maintain for 60 seconds. Repeat 6x.
Run up a short hill at your fastest pace for 25 seconds. Repeat 6x.
Jog back downhill between each interval.
**THE RUNNING FUNDAMENTALS**

**DAY 7**

**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 [Click to View Demo Video]

**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**
- 4x 200 metres, 30 seconds recovery after each 200
- 2x 400 metres, 45 seconds recovery after each 400
- 2x 800 metres, 60 seconds recovery after each 800
- 2x 1200 metres, 90 seconds recovery after each 1200
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
4 min fast / 4 min jogging
3 min fast / 3 min jogging
2 min fast / 2 min jogging
1 min fast / 1 min jogging
1 min fast / 1 min jogging
2 min fast / 2 min jogging
3 min fast / 3 min jogging
4 min fast / 4 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**
50 minute - start slow and quicken your pace over the course of your run.

[Click to View Demo Video]
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
10 Km in length - 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**
- Keep chin up, eyes forward.
- Relax shoulders, smile!
- Elbows bent at 90°
- 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 10x.

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 10x.

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

DAY 12

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
2x 400 metres, 45 seconds recovery after each 400
1x 1600 metres, 90 seconds recovery
4x 200 metres, 30 seconds recovery after each 200
1x 1200 metres, 60 seconds recovery
4x 600 metres, 30 seconds recovery after each 600
2x 800 metres, 45 seconds after each 800
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
2 min fast / 2 min jogging
1 min fast / 1 min jogging
2 min fast / 1 min jogging
3 min fast / 2 min jogging
1 min fast / 1 min jogging
2 min fast / 1 min jogging
3 min fast / 1 min jogging
4 min fast / 2 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**

- 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**

60 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  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?