
Drills- Resisted Running with Speed Resistors.

It is important to always remember that when completing a resisted running drill, not to increase resistance to a level that interferes with an individual's running style. Otherwise the drill no longer becomes sport specific and can even become detrimental. Resistance should be light to moderate only.

For more information on speed resistors see Quickness and Agility for sport instruction DVD and the instruction manual provided with bodymotion speed resistors.

Resisted Sprints

Distance 5m to 20m

Repetitions- 4 to 8

Equipment- One speed resistor for each participant.

Both partners wear resistance vests. Mark out your chosen distance using marker cones.

The front partner sprints the required distance with the rear partner providing resistance through the resistor strap connected to the vest.

When the sprint is completed swap roles and complete the same drill in the opposite direction.

Resisted Sprints Reverse

Distance 5m to 15m

Repetitions- 5 to 8

Equipment- one speed resistor for each participant.

This exercise really burns the quads.

Both partners reverse their vests so that the resistance strap is at the front of the body.

Mark out your chosen distance using marker cones.

One partner sprints backwards the required distance with the other partner providing resistance through the resistor strap of the vest.

When the sprint is completed swap roles and complete the same drill in opposite direction.

Let Goes

A contrast speed training drill.

Use only in forwards direction!

Let goes involve a resisted sprint immediately followed by an un-resisted sprint.

Distances

Resisted sprint- 5 to 20m

Un-resisted sprint- 10m to 30m

Mark out distances using marker cones. If available use a different coloured cone for point of release.

The front runner is held back by the rear runner and a resisted run is completed over the desired distance (5m to 20m). When the release point is reached the partner providing the resistance calls yes and releases the strap. The front partner then completes an un-resisted sprint over the desired distance (10m to 30m). Swap roles.

Lateral Resisted Runs

Distance- 10 to 20m

Repetitions- 3 to 4 for each side.

Start standing side on, jog on the spot for rhythm then push off and run sideways. Ensure good running action is maintained. The shoulders and hips of the runner must stay square throughout the movement.

Directional Change

The runner completes a straight resisted run of between 5 and 15m. The runner is then released by their partner, and completes rapid directional changes through a course laid out using marker cones. Incorporate stepping and swerving movements.

More training ideas and resources available at www.bodymotion.com.au

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