

Outline for Ambulatory Sprint Clinic

Section 1. Early season Preparation and In Season Warm Up

1.1 Balance and Core Development

- 1.1.1 Step ups on Aerobic Platform alternating legs with high knee emphasis.
- 1.1.2 Timed Planks, Lunges, and Squats
- 1.1.3 High Knee Run with hands and arms above head.

1.2 Strength Development

- 1.2.1 Resistance band working key sprint specific muscle groups
- 1.2.2 Machine work, especially leg press
- 1.2.3 Incline Squats
- 1.2.4 Any core strength development using a therapy ball (seated curl ups, pushups, leg and arm lifts in opposition).

1.3 Coordination and Brain Training

- 1.3.1 Any skips which use hand and arm movement in contrast to forward skipping motion of the lower body.
- 1.3.2 Lateral foot shuffles, Carioca, Lateral slides with arms in opposition (all left and right).

Section 2 Stride and Gait Assessment and Modification

2.1 Stride Form

- 2.1.1 Emphasis on bringing knees high and pushing hard to the ground.
- 2.1.2 Emphasis on Arms coming Forward, Elbows bent at 90 degrees, and Open Hands coming head high with thumbs reaching for the ear.

2.2 Stride Modification

- 2.2.1 Remove Lateral Forces, Balance Vertical and Horizontal Forces.
- 2.2.2 Tools include: Before and After Video, Low hurdles to lengthen stride, High Knee Drills, Fast feet.
- 2.2.3 Create a balance between the sound or strong side and the weak side.
- 2.2.4 Introduction of Starting blocks.

Section 3 The Long Jump

3.1 Establishment of Starting Point

- 3.3.1 Start with one step approach with takeoff from sound leg(CP) or blade (Amputee).
- 3.3.2 Establish a runway approach. Generally, 7 to 9 steps with sound or blade leg.
- 3.3.3 Get consistent with run up to jump so there is no looking for the board. Trust Your Steps.
- 3.3.4 Develop arm positioning, Arms reach up on the jump and forward on the landing while leg stretch forward then are driven down at landing.

