

**Level C - Running - Technical Exercises**  
**HEELS TO BUTTOCKS**

	Drills	Exercise	Description	Example
1	Technical exercises	Heels to buttocks	<p>Body straight or slightly tilted to the front</p> <p>Heel backward, establishing a rhythm alternating between right and left foot</p> <p>Arm opposite to support foot at a 45 degree angle</p> <p>Weight of support foot on the middle of the foot</p>	

**Level B - Running - Technical Exercises**  
**HEELS TO BUTTOCKS AND KNEES RAISED**

Drills	Exercise	Description	Example
2	Technical exercises	<p>Body straight or slightly tilted to the front</p> <p>Heel backward establishing a rhythm alternating between right and left foot</p> <p>Arm opposite to support foot at a 45 degree angle</p> <p>Weight of support foot on the middle of the foot</p>	
		<p>Body straight or slightly tilted to the front</p> <p>Bent leg raised (support leg extended)</p> <p>Foot making contact with ground is dynamic</p> <p>(other leg bent and moved forward)</p>	 <p>Source:  <a href="http://volodalen.com/16visuels/visuels04.htm">http://volodalen.com/16visuels/visuels04.htm</a></p>

Level A - Running - Technical Exercises

HEELS TO BUTTOCKS AND KNEES RAISED  
IN SEQUENCE + ACCELERATION

Drills	Exercise	Description	Example
3	Technical exercises	<p>Heels to buttocks</p> <p>Body straight or slightly tilted to the front</p> <p>Heel backward establishing a rhythm alternating between right and left foot</p> <p>Arm opposite to support foot at a 45 degree angle</p> <p>Weight of support foot on the middle of the foot</p> <p>Body straight or slightly tilted to the front</p>	
	Knees raised	<p>Bent leg raised (Support leg extended)</p> <p>Lead foot makes contact with ground</p> <p>(Other leg bent and moved forward)</p>	
	Acceleration	<p>Quick steps</p> <p>Lead foot lands on ground</p> <p>Lift foot after contact</p> <p>Arm opposite to support foot bent (at a 90 degree angle)</p>	

# LEVEL C - RUNNING - STARTS

## STANDING

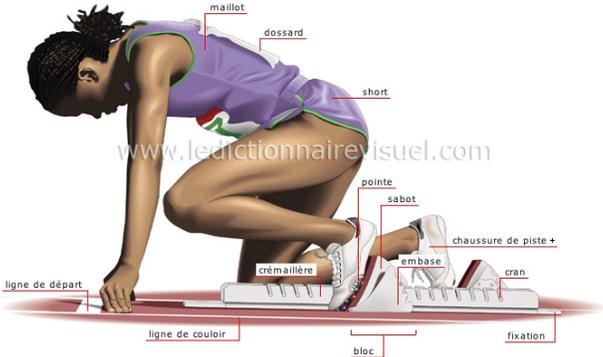
1	Starts	Standing	<p>Tip of back foot raised behind the front foot</p> <p>Arm bent opposite to foot on ground</p> <p>Accelerate arms and legs quickly</p> <p>Short fast steps</p>	 
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## Level B - Running - Starts

### THREE SUPPORT POINTS

2	Starts	3 support points	<p>Legs at shoulder width</p> <p>Tip of back foot raised behind the front foot</p> <p>Hand on ground opposite to foot on ground</p>	
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# Level A - Running - Starts With Starting Block

3	Starts	With starting block	<p>Feet in starting block</p> <p>Left and right feet off centre</p> <p>Hands behind start line, index finger and thumb as support</p> <p>Back and head aligned</p> <p>At start signal, rise gradually</p> <p>Accelerate moving arms and legs quickly</p>	  
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Drills	Exercise	Description	Example
1	Exercises	<p>Leg lift (90 degree angle)</p> <p>Support leg extended</p> <p>Arm in front at a 90 degree angle</p>	