



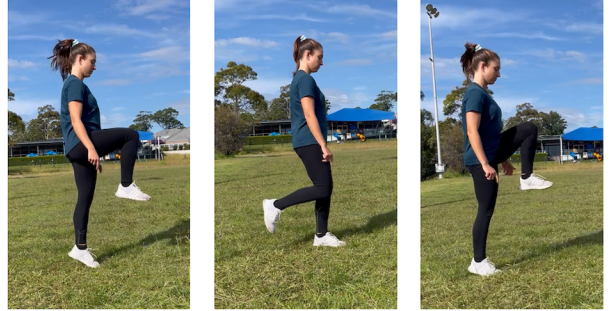
RUNNING DRILLS

FAST CALVES



Start standing with feet hip-width apart, then lift one our heel. Swap feet in a fluid motion.

HIGH HOPS



Start by standing on one leg with the other knee lifted high. Hop forwards onto your lifted leg, lifting your other knee.

HIGH KNEES



Run on the spot, lifting your knees as high as you can.

ZIG ZAG WITH TAPS



Set up cones in a straight line, run zig zag between the cones bending, down to tap each cone.

BOUND AND BALANCE



Start in standing, then bound forwards landing and balancing on one leg. Then repeat with the other leg.



Find out more about NeuroCentric!!

These exercises are intended as a guide only and do not replace comprehensive assessment and medical advice. Check in with your local physiotherapist or doctor to see if these exercises are suitable for you.

