

## **Running Drill: Mid foot striking underneath your**

### **Exercise Purpose:**

To learn to strike your foot underneath you when running, not over-striding out in front



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1502>

### **Key Points:**

- Stand tall and have your arms relaxed down by your sides
- Begin the movement by raising your right thigh (training the right leg in the photo above) to a 45 degree angle
- Bring your right foot down and brush (lightly) the mid foot in line with your left ankle. Think about a horse scrapping their hoof on the ground
- Then complete the cycle again

\*When first learning this exercise perform it in 10-20 times. Then rest and re-set