**JACKSON MEMORIAL HIGH SCHOOL**

**GIRLS CROSS-COUNTRY**

**DRILLS (PART 2)**

**\*\*\*\*THE DRILLS LISTED HERE SHOULD BE DONE AFTER A THOROUGH WARM UP. The drills on this list should be performed for about 40 meters, followed by a 40 meter jog, then a 60 meter stride and then a walk back to the next drill. An emphasis should be on keeping the foot dorsi flexed with fast feet and quick arms! These drills are not about distance, but about how many steps you can achieve.**

**A SKIPS**

**B SKIPS**

**C SKIPS**

**HIGH KNEES**

**BUTT KICKS**

**The drills should be performed several times per week.**