**JACKSON MEMORIAL HIGH SCHOOL**

**GIRLS CROSS-COUNTRY**

**DRILLS**

**\*\*\*BE VERY THOROUGH WITH YOUR DRILS. Drills get the body warmed up and ready for running. Drills help improve running economy/efficiency, increase range of motion, and decrease the risk of injury.**

**SKIP FORWARD (ARMS CIRCLE FORWARD)**

**SKIP BACKWARDS (ARMS CIRCLE BACKWARDS)**

**RIGHT FOOT FORWARD AND GALLOP**

**LEFT FOOT FORWARD AND GALLOP**

**SIDE SWIPE (LEFT AND RIGHT SIDES, BIG ARMS OVERHEAD)**

**HAMSTRING SWOOP (KNEE STRAIGHT)**

**QUAD STRETCH (REACHING UP AND ON TOE)**

**ANKLE PULLS (USE 2 HANDS)**

**WALKING IT BAND STRETCH (TAKE YOUR TIME)**

**HAMSTRING KICKS (DO NOT FORCE THE KICK)**

**WALKING T’S (REACH DOWN WITH BOTH HANDS TOWARDS FOOT)**