



### **Running corners.**

**This run is by time, not by distance.**

**25 – 35 – 45 minutes:**

**Choose the time relevant to your current fitness level and run volume.**

**If you have any current knee, hip or ankle injury indicators, please seek professional medical advice prior to attempting this session.**

**This run session has value for those who are used to running robotically along the same path day in day out and also for those who spend a lot of time on a treadmill as neither require a lot of concentration, nor provide much stimulus.**

#### **Description:**

There is no required speed element to this session. Use an oval or large open space. The use of athletic cones or anything similar as markers would be an advantage.

Set the cones / markers out along one side of the area at least 10 to 15 metres apart in a 'Zig-Zag' pattern using at least 8 to 10 cones / markers.

Run around the oval or area in one direction, you will be turning both left and right as you zig zag your way through the coned section, then simply complete another full lap prior to reaching the cones again.

Adjust your stride on approach to each cone so that you are hitting the apex of the turn on an engaged outside leg. This will reduce load on the inside knee and ankle and also promote leg drive out of the turn.

#### **Objective:**

This session creates a different stimulus to straight line running and is teaching the body to adapt to turning both right and left, stimulating and prompting some muscles that are not normally engaged in straight line running. The brain is engaged to adjust your stride entering the turns to land at the apex on a loaded outside leg.

As this is a relatively easy session, minimal warm up or warm down will be required. Walk the circuit on completion and pick up your cones while using stretching techniques.

Commence the run hydrated.

Enjoy the session.