

MOBILITY IDEAS

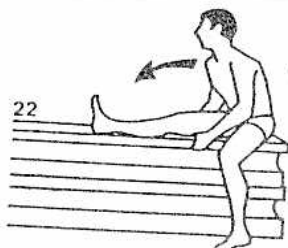
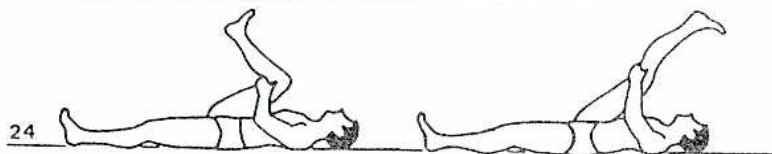
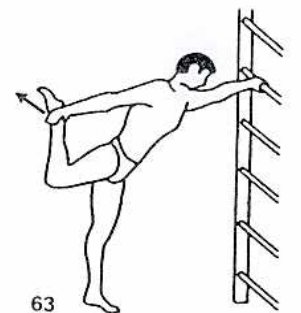
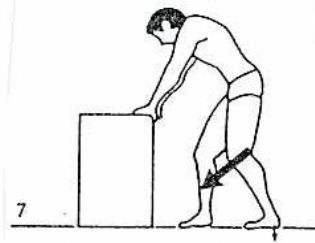
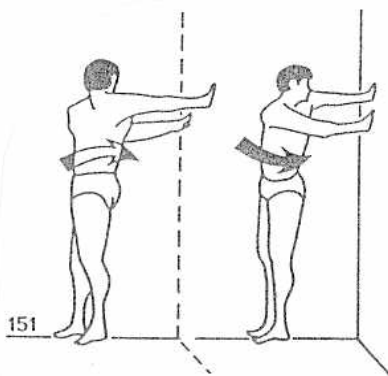
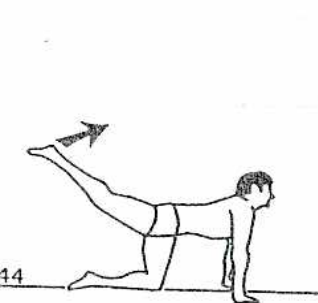
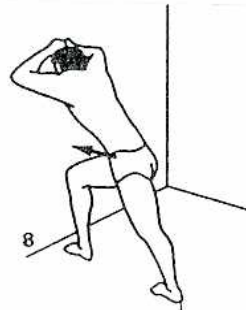
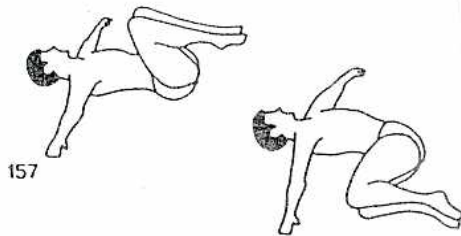
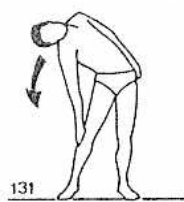
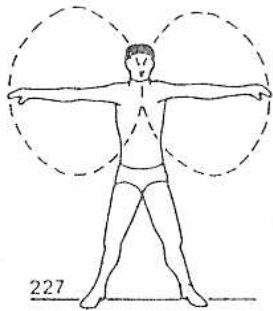
Photographs and further recommended reading from "Mobility Training" by Norman Brook (UK Athletics).

Out with normal training sessions you should consider doing a couple of mobility sessions per week. Discuss this with your coach firstly before doing this. Always warm up first before performing any stretch and mobility work. At home you could walk up and down some stairs, jog on the spot, or just pop some music on and do some jiggling for five minutes.

Prior to track sessions it isn't recommended that you hold a stretch for any longer than 5-7 seconds. However, at home, out with a strenuous training session, you could go up to 10-12 seconds, relax, and repeat for three sets in total for each stretch before moving on to the next stretch.

Points to note: Do not stretch to the point that it is painful. Continue to breathe during the stretch. Try and reach a bit further with each stretch. Ask your coach to check out your technique before trying the exercises / stretches at home.

Jason Pender Level 3 Coach - Hurdles



Some further sprint and hurdle specific stretches.

