

## Outdoor training

### ● PLYOMETRICS

- Backward running: it's just like it sounds. Be careful doing this on a crowded track.
- Power skipping: while holding your arms in front of you at shoulder height, skip with exaggerated high-knee lifts.
- Side skipping: do jumping jacks while simultaneously moving sideways.
- Rim jumps: jump continuously as if leaping to touch a basketball rim.
- Double-leg hops: with your feet apart, squat and execute a standing long jump, then keep jumping on both feet for three to five jumps at a time.
- Bounding: this is like exaggerated running, with much longer steps, higher knees and higher arms. Jog a bit before the first bound.
- Single-leg hops: use a vigorous leg swing to hop as high and as far as possible. Hop for 10 to 25 yards, rest, then repeat with hops on the other leg.

### ● STAIR CLIMBING

- Run up stairs in rapid succession while pushing off every stair with your toes.
- Run up stairs while skipping every second or third stair.
- Climb with exaggerated high-knee lifts.
- Do any of the above variations while holding light dumbbells or wearing a weight belt (gradually add weight).
- Try any of the above wearing a light backpack (again, gradually add weight).

### ● ROPE JUMPING

- Keep your body erect and upright.
- Keep your head and eyes up; don't watch your footwork.
- Jump low to the ground on the balls of your feet, not on your heels.
- Turn the rope with wrists and forearms, not with your upper arms and shoulders.