

A-SKIP

This drill can help make you a better runner by improving your running form, functional strength, and efficiency.



What?

A-Skips is a basic drill that helps develop lower-leg strength while encouraging knee lift and promoting an efficient footstrike. A-Skips are a reliable warm-up exercise because they get key muscles firing for improved strength, efficiency, and injury prevention.

How?

Skip forward, lifting your lead knee to waist height while keeping your back leg straight as you come off your toe. Continue moving

forward. Alternate leg drive and strike the ground through the balls of your feet, directly under the hip, finish the stride with a pawing motion, as if to pull the ground towards your rear underneath you, swinging your opposite arm in unison with your lead leg!

When?

A-Skips should be performed as part of your warm-up routine, whether in preparation for a race or a workout. A-Skips activate the primary movers in horizontal propulsion, the glutes and hamstrings!

Why?

There are various benefits of performing the **A-Skips drill**, but first and foremost, this drill improves your running form. The key to developing proper running form is to imprint proper movement patterns into your muscle memory through repetition so that the movement becomes more smooth, accurate, and automatic.

*“Therefore, since we are surrounded by such a great cloud of witnesses,
let us throw off everything that hinders and the sin that so entangles.
And let us run with perseverance the race marked out for us.”*

Hebrews 12:1