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Play and staying active is one of the best ways to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome activity packet to help you stay moving.

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - www.kcplayequity.org/covid19/
- The Sports Institute - <https://thesportsinstitute.com/exercise-anywhere/>
- Volt: #1 AI Workout App - **Free subscription; scan URL code to access**
- Vivecorp - <https://vimeo.com/user97331522>



RUNNING DRILLS

Improve your running strength and technique with these running drills. These drills improve stride length, knee drive and single-leg balance. Do each variation for 20 yards, or about 45-60 seconds, rest for 45-60 seconds and repeat two times (or twice on each leg, if applicable). Running requires your whole body, so check out these videos from our partner, Vivecorp, to get warmed up for your run and drills! Even follow up with a core workout to improve strength and reduce injury!

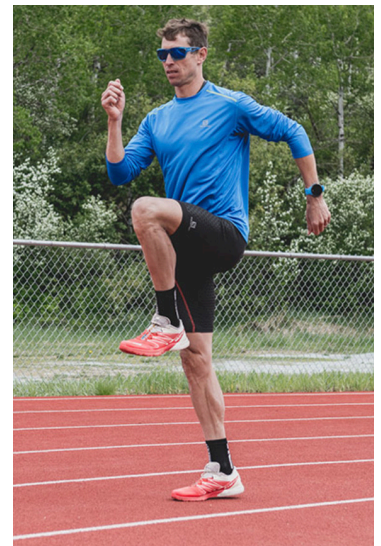
- Mobility for Runners – <https://vimeo.com/447010016>
- Runner Warm Up – <https://vimeo.com/447016671>
- Core Strength Workout for Runners – <https://vimeo.com/446994118>

Skips with High Knees (“A” skips)

(<https://youtu.be/1caLyDtU-rE>):

Drive your knee straight up to a 90-degree angle, forcefully lifting you off the ground. Keep your foot dorsiflexed, which means your toes drawn up towards your shin and the bottom of your foot parallel to the ground. Pump your arms in sync with your legs. The leg on the ground skips forward, landing on the same foot. Then, switch your legs by bringing the first leg down and driving up with the supporting leg.

SEE BACK!



Power Skips (<https://youtu.be/WIEVI7HciC8>):

This has all of the same points as the Skips with High Knees except you are going for more height. Momentum is created by driving the knee up and also forcefully pushing off the ground



“B” Skips (<https://youtu.be/3ubSwyWf03I>):

This is just like the “A” skip, except after you drive the knee up, then extend the knee. Use your glutes and hamstrings to snap your extended leg back down to the ground. Pump your arms in sync with your legs. The leg on the ground skips forward, landing on the same foot. Then, switch your legs by bringing the first leg down and driving up with the supporting leg.

Run with High Knees (https://youtu.be/___C3EFI969U):

Similar to the Skips with High Knees, but instead of skipping there is a quick transition from one foot to the other, just like running, and your foot comes right up under you. Pump your arms in sync with your legs. Then, switch your legs by bringing the first leg down and driving up with the supporting leg.

Glute Kicks (<https://youtu.be/V5Dyr31Xr0w>):

Draw your foot up in a straight line towards the bottom of the butt or top of the hamstrings. To do this, allow the knee to come forward, but not quite as high as the high knees drill. Pump your arms in sync with your legs. Then, switch your legs by dropping the heel of one leg as you drive up the other heel.



Carioca

(<https://youtu.be/5CHHiYknKzk>):

Face sideways and at a skipping pace, move laterally to the left, crossing your right leg first in front and then behind your left leg. Swivel your hips and swing your arms. Raise your front knee to 90 degrees (or as high as you can). Quick feet: On the balls of your feet, shuffle forward as quickly as you can.

Bounding & Strides (<https://youtu.be/nWMdWR6xvHs>,

https://youtu.be/kNzlldKr_TQ): Essentially bounding is just an

exaggerated run with lots of vertical and horizontal movement. Go for both height and



distance with each stride. To keep from skipping, try running a few steps before starting the drill. Strides are just controlled sprints. Gradually increase speed and then maintain high speed with good, controlled form for another 25-30 seconds. The key is not to strain or sprint all out. Build into it, make your last one your fastest one!

Pro Tip – Homemade Mini Hurdle Drills (<https://kingsportstraining.com/7696403-8-drills-using-the-king-mini-speed-hurdles-speed-agility-training/>):

Improve your range of motion and explosiveness by incorporating hurdle drills into your workouts! Don't have hurdles? Make your own with things around your house! Use anything that is light weight and easily movable (if you get your foot caught on it, the "hurdle" should move easily so you won't fall). Use things like a roll of paper towels (on its side or standing up for different heights) or an empty cardboard box. Make sure you have lots of space and there isn't anything nearby that could cause harm if you fell. Line up your hurdles with about 3 feet between them. Practice hops and skips over your "hurdles," and check out the link for more drills!

For videos of these drills, visit these links:

<https://www.suunto.com/en-us/sports/News-Articles-container-page/8-essential-running-form-drills/>, <https://www.runnersworld.com/training/a20824733/meb-keflezighis-5-drills-to-make-you-a-better-runner/>



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Stay safe and have fun!

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