



Increase Your Foot Quickness

A combination of jump roping and incline running is great way to improve footwork, agility, balance, leg strength and coordination.

Jump Rope Routines

Routine #1

- 5 minutes at $\frac{3}{4}$ speed
- 30 second rest
- 5 minutes at $\frac{3}{4}$ speed
- 30 second rest
- 5 minutes at $\frac{3}{4}$ speed
- 30 second rest

Routine #2

- 15 seconds right foot only
- 30 second rest
- 15 seconds right foot only
- 30 second rest
- 15 seconds right foot only
- 30 second rest

Routine #3

- 15 seconds left foot only
- 30 second rest
- 15 seconds left foot only
- 30 second rest
- 15 seconds left foot only
- 30 second rest

Routine #4

- 15 seconds alternating feet between each jump
- 30 second rest
- 15 seconds alternating feet between each jump
- 30 second rest
- 15 seconds alternating feet between each jump
- 30 second rest

Routine #5

- 15 seconds using both feet
- 30 second rest
- 15 seconds using both feet
- 30 second rest
- 15 seconds using both feet
- 30 second rest

Go at a pace that challenges your abilities. You should be tired after these sessions. After you have done these routines for a few weeks, try increasing the amount of time for each interval.

When purchasing a jump rope, it is important that you get the proper length. Use these guidelines for a proper size.

Jump rope size chart:

- Under 5 feet tall = 7 foot jump rope
- 5' to 5'6" = 8 foot jump rope
- 5'6" to 6'0" = 9 foot jump rope
- Over 6 feet tall = 10 foot jump rope

Incline Running Routines

Routine #1(Steps)

- 15 - 20 seconds of running up and down steps.
- 15 second rest
- 15 - 20 seconds of running up and down steps.
- 15 second rest
- 15 - 20 seconds of running up and down steps.
- 15 second rest
- 15 - 20 seconds of running up and down steps.
- 15 second rest
- 15 - 20 seconds of running up and down steps.
- 15 second rest
- 15 - 20 seconds of running up and down steps.
- 15 second rest

When Running Steps

- Lift your knees high
- Pump your arms
- Keep your back straight, don't lean too far forward
- Try to locate an area that has at least 10 consecutive steps to get the most impact.

What does this do?

- Running up builds leg strength
- Running down increase quickness.

Routine #2 (Hills)

- 15 - 20 seconds of running up and down hills.
- 15 second rest
- 15 - 20 seconds of running up and down hills.
- 15 second rest
- 15 - 20 seconds of running up and down hills.
- 15 second rest
- 15 - 20 seconds of running up and down hills.
- 15 second rest
- 15 - 20 seconds of running up and down hills.
- 15 second rest
- 15 - 20 seconds of running up and down hills.
- 15 second rest

When Running Hills

- Lift your knees high
- Pump your arms
- Keep your back straight, don't lean too far forward
- The higher the hill the better the workout.

What does this do?

- Running up builds leg strength and endurance
- Running down increase quickness and agility

Go at a pace that challenges your abilities. You should be tired after these sessions. After you have done these routines for a few weeks, try increasing the amount of time for each interval.