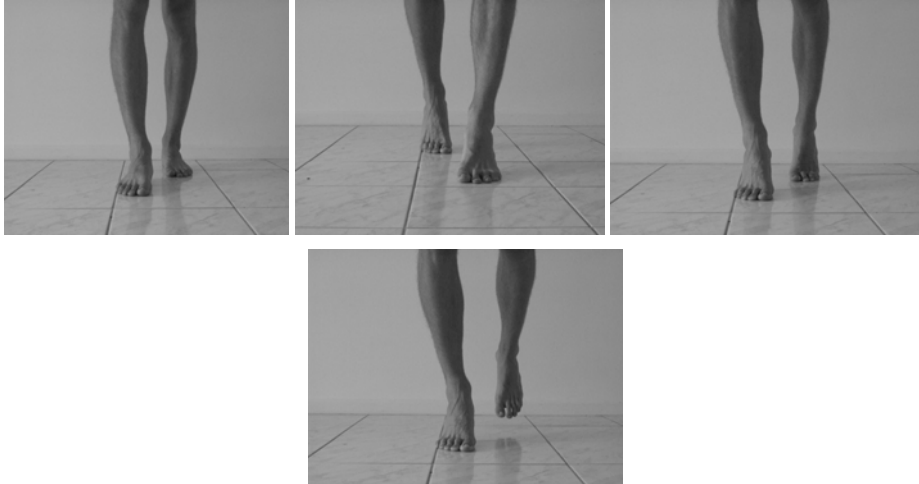


## Exercise 6.2: The Walk-Overs

Description: This exercise is a continuation from the “Push-off” exercise described in my previous book. Before you attempt the walk-overs make sure you can master the push-off.

Start with your right foot out 10cm in front of your left foot. Roll-up your arches slightly on both feet so they are in more stable position.



Keeping your feet perfectly still (no pronation/supination i.e. no rolling your feet in or out), rise up on to your toes on both feet. Next transfer your weight onto the right foot and move off the left foot as you perform a normal push off stride.



Return back to the starting position with your right foot in front of your left and repeat the drill. After you have done one set of exercises you should swap feet.

As you become stable at performing walk-overs with one foot 10 cm in front of the next you may increase this distance between your feet to 20 cm then 30 cm.

### Suggested Protocol:

Beginners: Start with 5 walk-overs and do them perfectly.

Intermediate: Progress to 5 sets of 10 walk-overs.

Advanced: Some athletes are doing up to 200.

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