

Frame Running Warm up and Activity Guide



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Warm up – what to include?



Steady push/jog or cardio activity (Increase heart rate)

The length of the activity will depend on the experience, level of fitness and impairment. To ensure that all athletes have the same conditions, this element should last around 15-20 minutes.

Drills

Frame Running drills are very similar to those used in sprinting. They can also help with athlete's technique.

Examples include strides, high knees, back flicks and fast feet, using one leg or double leg.



Stretching

This is particularly important for this athlete positioning. The stretching can take the form of dynamic or static or a mixture of both – it is impairment driven.

Where possible do it on mats, and some athletes will need support but always ask their permission to help them.

Frame Running Warm up and Activity Guide

Suggested stretches for warm up's

At least to laps warm up. Then stretches three times each side. Start from feet and work up the body

- Rotate foot and ankle joint
- Facing a wall or fence, feet slightly apart facing forward, rise and balance on ball of the feet then rock back to try to lift toes.
- A lower calf stretch – place one foot slightly forward, bend front knee, bend back knee, trying to keep heel on floor and lower bottom towards the floor.
- A upper calf stretch - place one foot slightly forward, bend front knee, keep the back leg straight and feel the stretch.
- For quadriceps - face the wall and pull one leg up behind towards the athletes bottom (heel to get as close to the bottom to feel the stretch)
- For hamstrings – sit leaning against a wall with legs hip width apart. Knees where possible should be straight. stretch the hands towards the toes. To make it more difficult you can add a twist at waist by moving both hands to a specific foot.
- For hips – with a wall in front, take a large step backwards, but ensure the hands are still on the wall. Swing the leg backwards and forwards, and slide to side. If the hip allows the hip can be included in the movement. If not, the athlete can lie on floor and rotate the waist
- A good side stretch - with the athlete standing against the wall, and their back on the wall, side bend keep back straight. How close can the athlete get their hand to their knee?
- For the back – the athlete should be kneeling with their bottom resting on their heels, their arms should be stretched on the ground facing forward and in line with their spine.
- for the chest - bring the arms straight out in a crucifix position in line with the shoulders, keeping back straight, move the arms back until a stretch is felt.
- Shoulders – shrug the shoulders and rotate. Keeping arms stretched out at shoulder level and make circles with the arms in the shoulder joint. Another for the shoulders is hug one elbow with other hand either across the chest or with elbow up by ear.
- Head – Drop the head forward and back to neutral (don't go over neutral), then move the ear to shoulder on each side. Finally look side to side with the head.

Frame Running Warm up and Activity Guide

Recreational activities

The following activities can be performed indoors and outdoors

Obstacle Course

- Layout a meandering path using soft flat cones. The path should have lots of curves and it can be any shape to fill the available space.
- Don't create straight lines that allow for increased speed into corners – this may cause the frame to roll over.
- Don't create challenges that allow too much speed that may cause the frame to roll over as turning.
- You can quickly adjust course difficulty by moving a few cones to increase the difficulty of corners. This allows varying degrees of skill to be tested using the same course.
- Many athletes like to be timed to compare to future attempts. If doing so, make sure the speed they get to will not roll frame.
- You can introduce a rule that if a cone is hit or the athlete goes outside the course path, then they are disqualified from that round and they join the back of the queue.

This activity is good for developing steering strength and space awareness.



Frame Running Warm up and Activity Guide

Minefield

- Lay soft flat cones out throughout an imaginary square.
- The athlete is to make their way from one side of square (minefield) to the other side without a wheel touching a cone (mine).
- You can quickly adjust course difficulty by moving a few cones closer to increase difficulty. This allows varying degrees of skill to be tested using the same course.
- To add extra tension and fun, blow whistle or make exploding noise when a wheel touches a cone.

Good for developing steering strength and space awareness.



Frame Running Warm up and Activity Guide

Snake or Slalom

- Lay soft flat cones in a straight line. Adjust distance between the cones to suit turning circle ability of the athlete or group.
- Do not create a snake or slalom that encourages speed that may cause the frame to roll over as turning the corner.
- Athletes do like to be timed. If you choose to time the athletes, make sure achievable speeds will not make the frame roll. You can add time penalties if they touch a cone.
- After a practice, see if they can improve their times over three additional attempts.

Good for developing frame control and steering strength



Frame Running Warm up and Activity Guide

Hot Floor

- Using a activity ladder, the athlete will position themselves in the middle of the ladder.
- The athlete should try for small steps in each space between the runs of the ladder.
- They have to complete each run as quick as they can but need to be precise at the same time.
- You can film the athlete trying this so they can see where they are going wrong. This will give them something to work towards.

Good for developing frame control and steering strength



Frame Running Warm up and Activity Guide

Elimination

- Lay soft flat cones throughout the all of the imaginary square. Some cones should have a piece of masking tape underneath or be marked by a marker underneath. The tape or mark must not be visible once the cone placed on the floor.
- Athletes start from different spots and all move to another cone. This is done by placing their front wheel on or touching the cone. Once all athletes are touching a cone, the athlete's helper turns the cone over. If the cone is has tape or is marked underneath then athlete is out of the game. All touched cones are then removed.
- Athletes that are still in move to another cone and process is repeated.
- Keep the game going until either one athlete remains or less cones than athletes remain. Do not allow a situation where all athletes left are chasing the one remaining cone, it can be dangerous.
- If you have a small group, only have one marked or taped cone, and the athletes need to find that one.

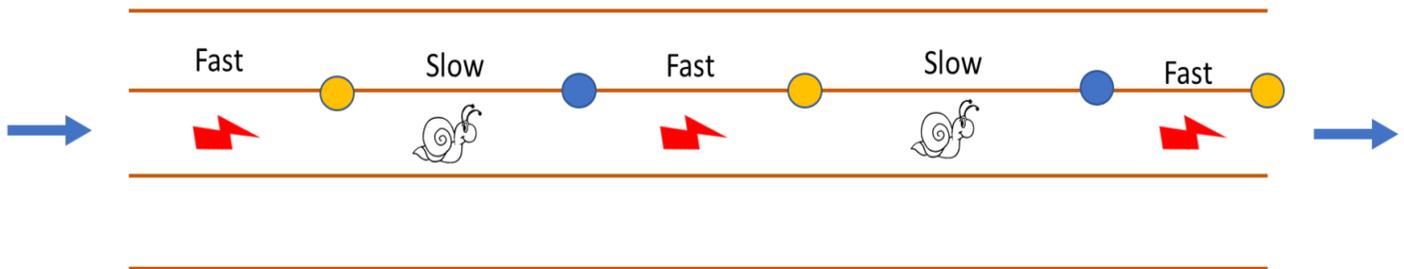
Younger athletes and the less able tend to like this game

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Fast, Slow, Fast

- Lay the soft flat cones in a straight line as pictured. With each colour representing fast or slow.
- Athletes run flat out at their own top speed, then lift their legs for the slow section (if they cannot lift legs they can walk), then return to running flat out at the fast section, and repeat.
- This can be easily adapted to perform the fast, slow, fast, slow routine around the entire track. You wouldn't have to use cones, the changes from fast, slow, fast, slow etc can be signalled by the coach blowing their whistle. This allows athletes of varying ability taking part at the same time and at their own capabilities.

Good for conditioning, speed development and aerobic exercise



Frame Running Warm up and Activity Guide

Over Take

- As per the diagram and around the track, each athlete takes it in turn to sprint to the lead of the group.
- If there are athletes of varying ability that requires supervision, then the coach or helper should make his/her way around the track with the group. It is likely that the coach will need to adjust the speed of the group to allow less able athletes to make the sprint to the front.
- Though this is difficult activity to co-ordinate, it is worthwhile, as this is one of the few activities where the athletes need to work as a team.

Good for team awareness, speed development and aerobic exercise

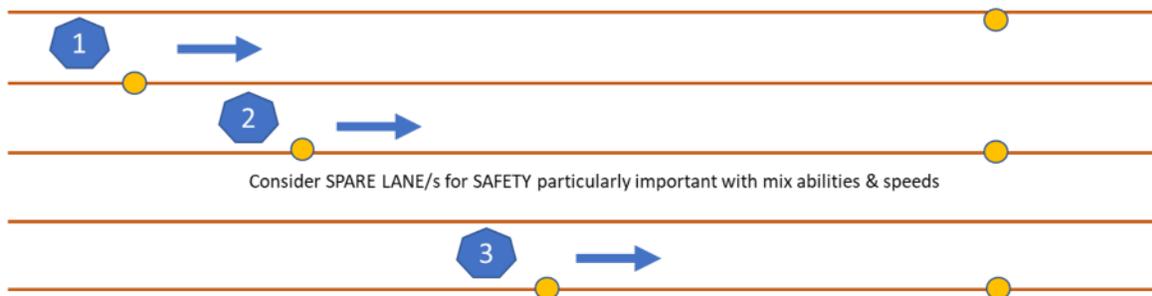
7. Over Take Athlete in groups of 3. Number 3 sprints to the front, once in front position slows down. Then athlete 2 sprints to the front, and so on... Continue the take over around the track



Frame Running Warm up and Activity Guide

Staggered Racing

- Staggered racing can involve mixed abilities. Therefore, you may have athletes running at high speed past other athletes with poor steering capability, which leads to an increased risk of an athlete veering into the path of faster athletes. This situation is easily and safely managed by using spare lanes as a "buffer space" and volunteers walking/jogging close to low steering ability athletes, so they could correct or stop their assigned athlete if needed.
- Most love fun races. Staggered or delayed starts can provide close races and sense of achievement for all.



Frame Running Warm up and Activity Guide

Technical Challenges

Use the flat soft cones to form a lane between 20 meters and 40 meters long (varying length is based on ability).

Athletes take it in turns to travel down the lane and then return by a spare lane to the end of the queue before doing it again. Each athlete at the start of their turn, is instructed to perform one of the movements or techniques below. Depending on the ability of the athlete, they may require help from a volunteer.

It is amazing to see the little improvements in movements accumulate over time to major improvements. It is not unusual for an athlete who is starting out on the frame to scrap both feet along the ground but over time they became able to lift both feet off the ground.

1. Lift knees height
2. Use only the one leg
3. Try staying on your toes
4. Try keeping legs/ feet straight
5. Keep front wheel on lane line
6. Travel down the lane backwards
7. Bunny hops
8. Use only one hand to steer
9. For more able, specific rhythmic leg movement. For example 2 steps on left, then 1 step on right, then 2 steps on left, so on.

A variation on the above is step up on lane around one of the track corners, adding to the difficulty and giving the athlete another aspect to consider.

Frame Running Warm up and Activity Guide

Reducing

For athletes wishing to compete, an important challenge is developing the ability to keep the frame within their lane at all times. This challenge never stops because as an athlete's speed increases so does the challenge of keeping the frame within the lane.

For this technical challenge, lay the flat soft cones along the lane line. Once the athlete can travel the lane at their top speed without hitting a cone, move the cone inwards to reduce the width of the lane. This process can continue until the coned lane is only a little wider than the frame itself.

Keeping the frame running within the reduce lane at the athlete's top speed develops core strength.



Recreation activities for new athletes

When the athlete is ready to train on the track

- The athlete should do some shorts runs for example 4x30 metres increasing speed gradually. Always allow a short recovery after each one. Be mindful of athlete turning the frame, especially if track is busy, they may need extra support.
- Finish off with 5 minutes steady running. The distance or speed is not important.
- Athlete's may experience a sore posterior from sitting on saddle, similar to saddle soreness on a standard frame – this will decrease over time.

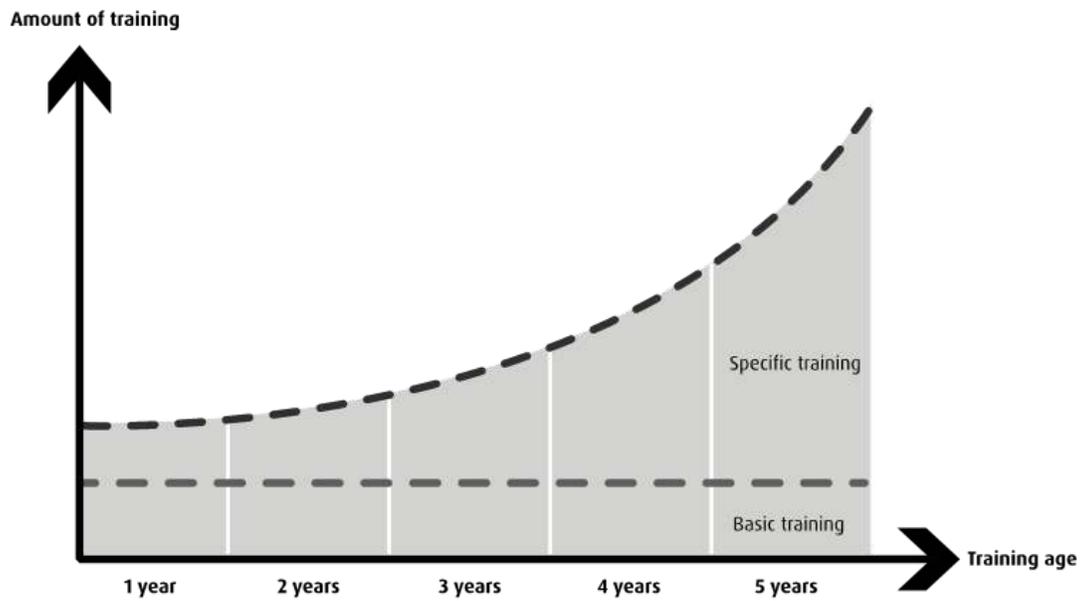
Building up from beginner

- Increase time on the frame gradually. Use the athlete as a guide as they know best. If they are completing 5 minutes easily, add on two minutes. The general fitness of the athlete has to be built up before regular athletics training can start.
- Build up 4 x 30m to 4x 40/50/60 metres, and then increase number of reps until the athlete is comfortably doing 6 reps of the distance.

To some athletes, it can be useful to adapt the “Borg Perceptive Scale” with smiles! This is good tool for small children or those who cannot speak to give you feedback on how they are feeling.

0	REST	
1	REALLY EASY	
2	EASY	
3	MODERATE	
4	SORT OF HARD	
5	HARD	
6		
7	REALLY HARD	
8	REALLY, REALLY HARD	
9		
10	MAXIMAL. JUST LIKE MY HARDEST RACE	

Athlete experience and training volume



Health Aspects to Consider

Healthcare Management

As a child with Cerebral Palsy grows, their musculoskeletal system may need to be closely monitored with due to the possibility of them developing differently.

Good management helps minimise the risk of the muscles becoming contracted which may cause bone deformities or loss of some functional ability. There is much more focus on young people with Cerebral Palsy taking part in sport or being active, this has a positive impact on their overall health. Frame Running is a sport that can support people who may experience greater impact due to their Cerebral Palsy.

Areas of the body to take note of:

Hip joint - Children who are delayed in walking, particularly those with neurological conditions, may have structurally less well-developed hip joints than their peers.

Knee Joints - Be aware of knee position, they may be turning inward, be too close together or too flexed. Inward turning knees may be as a result of the structure of the hip. It is important to encourage a good reciprocal running pattern emphasising that the knees should be pointing forward. The athlete's position on the frame is important to allow room for legs to stretch and not force knees into a flexed position.

Feet and ankles - Athletes may have splints that they wear during the day for walking. The splints help protect the structure of the foot, maintain ankle range of movement and are important for foot position when walking. Running with splints is not easy and most frame runners run without them. However, some may have insoles for trainers/spikes and some may have hinged splints to allow the ankle to bend but preserve the structure of the foot.

Spine - Many young people with Cerebral Palsy have a mild scoliosis. This should be monitored by their physiotherapist.



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