**ABC –SPECIÁLNÍ BĚŽECKÁ CVIČENÍ**

<https://www.youtube.com/playlist?list=PLBuJniRvXhTlhGjoVzuh6Ae6MDcg1pOvj>

**Technika:**

[**https://www.facebook.com/Corporatebytes/videos/2995848380460344**](https://www.facebook.com/Corporatebytes/videos/2995848380460344)

**https://www.youtube.com/watch?v=3FOTIPJJb5Y**

**Šlapavý způsob běhu:**

<https://www.youtube.com/watch?v=xXqGZamvZjw>

<https://www.youtube.com/watch?v=evIkShZAdH4>

<https://www.youtube.com/watch?v=JR7UccckNX8>

<https://www.youtube.com/watch?v=CvrXTW37ySk>

<https://www.youtube.com/watch?v=b23i9MRqjf8>

**Švihový způsob běhu:**

<https://www.youtube.com/watch?v=-Ot-dP1xST4>

<https://www.youtube.com/watch?v=t12lA5yBVWU> – 5 PLYOMETRICKÝCH DRILŮ PRO SPRINTY

<https://www.youtube.com/watch?v=3FOTIPJJb5Y>

<https://www.youtube.com/watch?v=tKOkYrflrW0>

**Reakční rychlost, akcelerační rychlost:**

<https://www.youtube.com/watch?v=qowTIyu0i1Y>

<https://www.youtube.com/watch?v=tsbuF7wsc4g>

<https://www.youtube.com/watch?v=Ex-vKetgNys>

<https://kingsportstraining.com/7696403-8-drills-using-the-king-mini-speed-hurdles-speed-agility-training>

**Frekvence**

<https://www.youtube.com/watch?v=61eMtbLHFP0>

<https://www.youtube.com/watch?v=psMGT1XU7l4>

<https://www.youtube.com/watch?v=Tl-Q-WUUBzQ>