



## WARM UP ROUTINE

### **LONG WARM UP**

- 1200M Run
- 10 X Leg Swings Side to Side
- 10 X Leg Swings Front and Back
- High Knees (Down & Back)
- A Skips (Down & Back)
- B Skips (Down & Back)
- Skip for Height (Down & Back)
- Forward Lunges (Down)
- Carioca with High Step (Back & Down)
- Side Stretches (Back)
- Knee To Chest (Down)
- Walking Quad Stretch (Back)
- Bent Over Toe Touches (Down)
- Monster Walks (Back)
- Rock on to Toes (Down)
- Heel Walks (Back)
- 2X50M Strides @ 70% effort
- 2X50M Buildups

### **SHORT WARM UP**

- 800M Run
- High Knees (Down & Back)
- A Skips (Down & Back)
- B Skips (Down & Back)
- Side Stretches (Down)
- Knee To Chest (Back)
- Walking Quad Stretch (Down)
- Monster Walks (Back)
- Rock on Toes (Down)
- Heel Walks (Back)
- 2X50M Strides @ 70% effort
- 2X50M Buildups