DynamiC WrAm-Up

• Is a series of dynamic movements to increase blood flow and to better prepare the muscles and joints for exercise specific to running.
• This warm-up should be done prior to running. Go through each exercise 1 time.

Hamstring Kick

• (30 yds. or 10 kicks each leg) Walking forward keep the leg straight and kick it straight out in front of the body.

Walking Quad Stretch

• (30 yds. or 10 kicks each leg) Walking forward gently pull the heel up to the butt. 20 yds. or 10 each leg.

Heel Raises

• (20x)

Hip Hug

• (30 yds. or 10 kicks each leg) Walking forward keep the leg straight and kick it straight out in front of the body.

Hip Cradle

Forward Lung With Twist (Hip Flexor Stretch)

• (30 yds. or 10 each leg)
DYNAMIC WARM-UP

Side Lung (Groin Stretch)

- (30 yds. or 10 each leg)

Butt Kicks

- (30 yds.)

High Skips

- (30 yds. or 10 each leg) Skip with high knees going above the hips and bring the leg down fast towards the midline of the body.

Squats With Band

- (10x) Attach a band around the knees and do a squat focusing on keeping the knees out and proper form.

Side Steps With Band

- (20x each side)