



RUNNING WARRIOR DYNAMIC WARMUP

1. Start with 10 forward fence hurdles on each leg (hold fence with hands and make trail leg hurdle clearance motion with leg)
2. Backwards fence hurdles – 10 ea. Leg
3. Walkovers – walk over 5 hurdles set close together on second notch up (33”) – 2 X Or do “Over / Unders” 8 hurdles (4 all the way up and 4 all the way down) – step over low and turn sideways and bend under high
4. Jog 600m
5. ABCs with each ankle and simultaneous arm stretches
6. 25m forward skips with forward arm circles
7. 25m backward skips with backward arm circles
8. 25m (ea. Side) lateral shuffle with arm cross over
9. 25m (ea. Side) carioca
10. Jog 600m
11. Cross body leg swings – 10 ea. Leg (on fence or post)
12. Flexion / extension leg swings – 10 ea. Leg (on fence or post)
13. Jog 600m
14. 25m over the fence (step over 1.5 foot high fence backwards)
15. 25m running high knees
16. 25m running butt kicks
17. 25m heel / toe walk (12.5m each)
18. 45m accelerators – 2 X (15m easy, 15m hard [400 pace], 15m all out), slog (slow jog) back