

Track Practice Warm Up

4 to 5 minutes SLOW Jog

MOBILITY *(10 Seconds Each)*

- 1. Sumo Groin Stretch**
- 2. Bretzel** *(3 Way)*
- 3. Ankle**
- 4. Hip Flexor**

MUSCLE Activation/Breathing

- 1. Cook Hip-lift** *(Glute Activation)*
- 2. Dead Bug** *(x 20 Ea. Leg)*
- 3. Overhead Ab Chair** *(x 20 sec)*
- 4. Squat Sit w/ Reach** *(x4 Ea. Side)*
- 5. Plank Variation (w/ diaphragmatic breathing)** *(1 min)*

Dynamic Warm-UP *(20 yards Each)*

- 1. High Knees**
- 2. Butt Kicks**
- 3. A-Skip**
- 4. Hamstring Kickback**
- 5. Spider Man Walk**
- 6. Walking Knee to Chest** *(on toe)*
- 7. Walking Foot to Butt** *(on toe)*
- 8. Walking Forward Lunge**
- 9. Carioca** *(both ways)*
- 10. Jump for Height** *(single leg)*
- 11. Leg Swings** *(10 each)*