Warm up

**Arm swings**- engage the upper body muscles, stretching the shoulder arms and chest

**Walking quad stretch**- increases range of motion and activates the quad muscles

**Hamstring sweeps**- The hamstring is one of the most commonly injured muscles . This drill will activate the hamstrings and get those nerves firing which helps prevent injury

**Lateral leg swings**- extend the range of motion of your hips and get the muscles, tendons and joints ready for power.

**Scorpions**- a scorpion will work into all the muscles that surround the hips and back including the front hip flexors, the hip abductors which are the outside of your glutes and hips) gluteus maximus ( largest area of your glutes). This will loosen tight hips and lower back

**Alternating knee drops** - warm up the hips and lower back to decrease hip rotation tightness

**Fire hydrants**- strengthen the muscles of the lower body and glutes…which are essential in maintaining balance, stability and posture. Most specifically it targets the gluteus medius, which is located on the side of the hip

**Glute Bridges**- works the hamstrings, lower back, abs, in addition to the glutes. Similar to the benefits of a squat, but without placing pressure on the lower back. Glute Bridges will improve posture.

**A skips** -reinforces good posture and efficient foot contact

**B skip**- is a progression that follows mastering the A skip using the same cadence (stride rate) . It reinforces knee drive and “gripping” the track with the foot.

**Knee buffs**-improve knee mobility, warms up the joints , and activates the muscles and tendons surrounding the knee.

**Straight leg bound**- this is a plyometric exercise that activates the glutes and hamstrings and improves strength and power.

**Lateral A skips** - wakes up the muscles on the sides of your body like your glutes and obliques which are crucial for coordination and balance. Teaches rhythm, timing, good running mechanics with shoulder and arm swing, as well as lower body mechanics with the hip,knee and ankle movement with the skipping.

**Split lunge jumps** - another drill that assists with strength and coordination. If you are a high jumper you could do this drill while holding a medicine ball in front of you to feel what it’s like to keep the torso straight and hips engaged; avoiding the mistake of letting the torso drop over the hips during jumping.

**Karioka step over and switch** - helps warm up the hips, glutes, quads, calves and to some degree the ab muscles

**Walk ins 2 pt start 20-30 meters**

**Falling 2 pt start 20- 30 meters**

**Stationary 2 pt start 20-30 meters**

**3 pt start 20-30 meters**