

Perform each warm-up exercise for 30 yards. This warm-up should be used **before any** stretching, running, plyometrics or agility drills are done to prepare the body for activity. These drills are also designed to help with active flexibility of the hip and leg area, as well as developing the muscle and technique necessary for speed improvement. You are properly warmed up when you break a light sweat.

An alternative warm-up that would also be an excellent means of preparing the body for strenuous activity would be jumping rope. Besides being a great way to warm up the body, jumping rope is an excellent way to improve coordination.

**Make sure that you take this aspect of your training seriously because many injuries can be avoided through proper warm-up and stretching procedures.**

### **Backwards Quick Run**

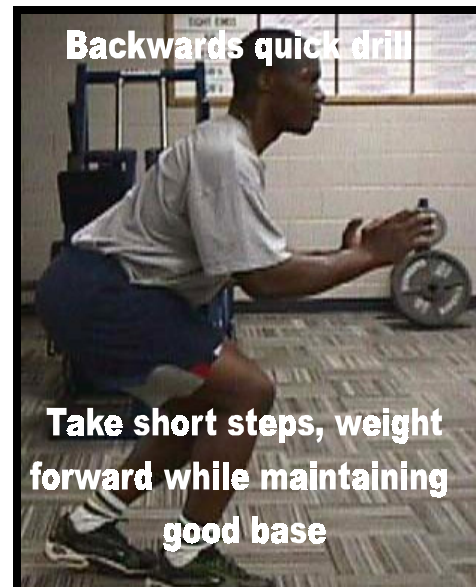
(Develops active flexibility in the hamstrings)

With a good, forward lean and running in a backwards fashion, over emphasize as much hamstring movement as possible. This is attained by trying to slide your heel up your thigh until it reaches your buttocks and then extending it out as much as possible.

Always try to concentrate on good running form (i.e. arms at 90 degree angles, trying to put your thumbs in your pockets on each swing forward), as well as a good forward lean while running backwards.

#### **Avoid:**

- 1. Not rotating arms.**
- 2. Leaning back.**
- 3. Look down.**



# **COMMIT YOURSELF TO CONSTANT SELF-IMPROVEMENT!**

### Backward Long Run

(Develops active flexibility in the hamstrings)

From the “hips tall” position, pull the heel into the high hamstring. Then extend the foot backward behind the body. Repeat this motion on the opposite side. Make sure to keep your heel up and extend your leg back as far as you can. Also, keep your weight forward while maintaining a good base.

#### Avoid:

1. Not rotating arms.
2. Leaning back.
3. Look down.
4. Incomplete extension of back leg.



### Butt Kicks

(Develops active flexibility in the quadriceps)

Facing forward, try to run forward overemphasizing hamstring movement as much as possible. This is done by keeping your knees facing straight down as much as possible and propelling yourself by trying to hit your buttocks with your heel on each stride. Try to get a good turnover ratio during this exercise, or to hit your rear as many times as possible throughout the entire exercise. Always try to concentrate on good running form (i.e. arms at 90 degree angles, trying to put your thumbs in your pockets on each swing forward), as well as a good forward lean.

#### Avoid:

1. Moving forward too fast .
2. Not kicking heel to butt.



**Form Stride** Facing forward, try to run in perfect running form (i.e. arms at 90 degree angles, each step you take try to step over your knee, and maintain a good forward lean with your chest up and out)

**Avoid:**

1. Not using arms.
2. Not using body lean.



**Carioka** Facing sideways, try to run sideways by lead stepping, crossover stepping, lead stepping and crossover behind the support leg stepping. Overemphasize this crossover motion, as this will loosen up your lower back, and give you a good low level agility drill. Always try to keep your upper body straight and try to concentrate on good running form (i.e. arms at 90 degree angles, trying to put your thumbs in your pockets on each swing forward), as well as a good forward lean.



**Avoid:**

1. Trying to move too fast so that you lose some of the hip rotation.
2. Not keeping the shoulders square, facing forward.





### High Knees

(Develops the muscles needed for a fast, long stride & flexibility in hamstrings)

Facing forward, try to run forward overemphasizing hip flexor movement as much as possible. This is done by trying to pick your knees up as high as possible, as many times as possible throughout the entire exercise. Always try to concentrate on good running form (i.e. arms at 90 degree angles, trying to put your thumbs in your pockets on each swing forward), as well as a good forward lean.



### Avoid:

1. Not getting knee's parallel with the hip.
2. Leaning back.
3. Not using arm.



### Side Shuffles

(Develops lateral movement and also active flexibility in the groin and hip area)

Facing sideways, shuffle to that particular side throughout the entire drill. Emphasize a good, low "squat" position, and do not allow your feet to touch one another or crossover. Face the same way, down and back.

### Avoid:

1. Not keeping knee's bent
2. Not keeping knee's



