**5 Minute Run or 800/1600 Warm Up Jog**

**Mobility Dynamic Warm Up**

1. Quad Walk (Press Heel Back)/Knee Hugs
2. Russian March/Front Scale Forward (Bend @ Hip)
3. Elbow to Instep Lunge/Lunge Twist (Hip Flexor)
4. High Knee w/Ext. Rotation /Ankling (Big Toe)
5. Backward Run
6. Power Skip (Distance/Height)
7. Side Slide- loosens tight hips
8. Carioca- loosens hip flexor, increases mobility

**Stationary Dynamic Warm Up**

1. Bobcat Jumping Jacks/Swimmills
2. Trunk Rotations (Hands on Hips, Thumbs Forward)
3. Supine Leg Kicks – Tighten abs/Head down
4. Iron Cross
5. Kick Backs (Do Not Arch)
6. Donkey Whip (Knee lower than hip/Dorsiflexion)
7. Groiners (Mountain Climbers)
8. Prone Series (Scorpion/Opposites)
9. Arm Action on Seat (Slow to Fast) 3 x 20 sec.
10. Frontal/Saggital Leg Swings – Break at knee
11. Wall Trail Leg

**Form Running (Optional for Throwers @ Meets)**

1. A Walk- arm action, knee up, toe up, heel up,
2. A Run- (high knee)
3. C Skip- very difficult with rhythm
4. C Run- Put it all together (modified butt kicks)
5. B Walk- more snap out action (march)
6. B Skip- rhythm
7. Bounding (Week 5)

**Percentage Runs**

**Tight Hurdle Drills**

1. Lean Start 70%
2. Lean Start 70%
3. Stagger Start 80% (Flat Back)
4. Stagger Start 80% (Flat Back)
5. 3 Point Start 90%
6. 3 Point Start 90%
7. Hip Step Over (swinging action)
8. A Trail Leg (to side)
9. A Lead Leg (to side)
10. Over the Top (Trail and Lead Leg)
11. Lateral A Skip
12. Over and Under