



Warm-up


1. Jog: 5-10 Minutes


2. Dynamic Stretching:


High Knees	
Similar to Walking Knees to Chest only now jogging and hands do not pull knee to chest Drive knees high towards chest, keeping good posture. Keep elbows bent at 90°	


Butt Kicks	
Maintain good running posture with hands on hips. Alternate swing of the heel of each foot back towards the butt. Action is quick and smooth.	

Skipping	
Standard Skipping – no description needed	





Groin Skip	
Skipping motion, alternating legs. Drive knee up towards chest and across your body.	

Lateral Shuffle	
Moving laterally, take short quick steps with both feet	

High Knee Crossovers	
Moving laterally. Drive same leg up and over the opposite leg. Maintain same leg over required distance.	

Carioca	
Cross step laterally Alternate Right leg over front of left leg. Bring left leg out from behind right leg. Right leg in back of left leg. Left leg over in front of right leg.	

Warm-up

Tapioca				
Same drill as Carioca, but use shorter, quicker movements.				
Fast Feet				
Bend at the waist with arms hanging down in front of body. "Quick touches" with feet while slowly moving forward. "Quick touches" for 10 yards, then accelerate for 10 yards.				
Walking Knees to Chest				
Standing in an upright position walking forward, pull the knee up to the chest. Alternate leg				
Walking Quad Stretch with Reach				
				
Walking Straight Leg Deadlift				
				
Stationary Leg Swings – Forward/Backward & Lateral				
Stand parallel to a wall or your partner so you can swing the legs freely front to back. Drive the straight leg as high as possible and back without hyperextending the lower back. Controlled motion Also perform the leg swings from side to side (across the front of body).	