

Warm-up

-Dynamic Flexibility/Stretching

Exercise Index

Warm-up

Lower Body






- High Knees
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- Fast Feet

- High Knees into Quick Pace Run
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- Walking Quad Stretch with Reach
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- Walking Straight Leg Deadlift
- Stationary Leg Swings
 - Forward/Backward & Lateral




Upper Body

- Front Shoulder Rolls
- Back Shoulder Rolls


Exercises Described

<p>High Knees</p> <p>Similar to Walking Knees to Chest only now jogging and hands do not pull knee to chest</p> <p>Drive knees high towards chest, keeping good posture.</p> <p>Keep elbows bent at 90°</p>	
<p>Butt Kicks</p> <p>Maintain good running posture with hands on hips.</p> <p>Alternate swing of the heel of each foot back towards the butt.</p> <p>Action is quick and smooth.</p>	
<p>Skipping</p> <p>Standard Skipping – no description needed</p>	
<p>Groin Skip</p> <p>Skipping motion, alternating legs.</p> <p>Drive knee up towards chest and across your body.</p>	
<p>Lateral Shuffle</p>	


Warm-up


<p>Moving laterally, take short quick steps with both feet</p>	
<p>High Knee Crossovers</p> <p>Moving laterally. Drive same leg up and over the opposite leg. Maintain same leg over required distance.</p>	
<p>Carioca</p> <p>Cross step laterally</p> <p>Alternate</p> <ul style="list-style-type: none">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.	
<p>Tapioca</p> <p>Same drill as Carioca, but use shorter, quicker movements.</p>	
<p>Fast Feet</p> <p>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.</p>	
<p>High Knees into Quick Pace Run</p> <p>High Knees for 10 yards, then Quick Pace Run (not a full sprint) for 10 yards (see below).</p>	
<p>Quick Pace Runs</p> <p>Short quick pace running Avoid plodding feet into ground Stay loose and keep feet moving quickly</p>	
<p>Back Pedal</p> <p>Same motion as Quick Pace, except backwards The chest should lean over the toes.</p>	


Warm-up

<p>Walking Knees to Chest</p>	
<p>Standing in an upright position walking forward, pull the knee up to the chest. Alternate leg</p>	

<p>Walking Quad Stretch with Reach</p>	

<p>Walking Straight Leg Deadlift</p>	

<p>Walking Straight Leg Raises</p>	
<p>Walk forward keeping toes and leg extended in front of the body. Try and touch the opposite hand.</p>	

<p>Stationary Leg Swings – Forward/Backward & Lateral</p>	
<p>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).</p>	

<p>Front Shoulder Rolls</p>	

<p>Back Shoulder Rolls</p>	