

2025 FHS Track Warm Ups & Drills (2 Groups, 5 min each)

Hip & Glute Mobility and Hip & Glute Strength (10 each): Repeat if time allows

1. Leg Swings - Front to Back (hips straight, controlled movement)
2. Leg Swings - Side to Side (hips straight, controlled movement)
3. Iron Cross (alternate legs, bottom leg as straight as possible)
4. Scorpion (alternate legs, bottom leg as straight as possible)
5. Seated Hurdle Exchange (aim to keep hips on the ground)

1. Squats (sit back, weight in the heels, knees track forward)
2. Lunges (step forward, weight is in front leg)
3. Skaters (hop side to side, balancing on one leg with big arms)
4. Clam Shell (side lying bent knees, lift top leg while keeping feet together)
5. Fire Hydrant (Flat back, hips straight, lift one leg w/ strong core)
6. Glute Bridge March (hips stay high w/o rotation, alternate lifting knees)

Dynamic Warm Ups and Running Form Drills (form lines, 30m): Repeat if time allows

1. Skips with Forward Arm Circles (straight back, rotate through shoulders)
2. Skips with Backward Arm Circles (straight back, rotate through shoulders)
3. Side Shuffle Arms Overhead (do not cross feet, sweeping arms full range)
4. Walking High Knee Carioca (4 counts, hips square, stick the front knee at 90 degree, strong core)
5. Full Speed High Knee Carioca
6. A Skip with a Clap (skip while clapping under alternate knees)
7. Straight Leg bounds (balls of the feet, running arms, avoid backward lean)

1. A March (stationary first, leg parallel w/ dorsiflex foot, toes up, quick foot strike)
2. A Skip (same as A March with a skip, move arms 30 to 130 degrees)
3. B March (extend top leg, bring down under you - scrape gum off shoe)