



WEST RUNNING WARRIOR DYNAMIC WARMUP

1. **Running Warm Up:** Start by walking 100 meters building speed the entire time (should end up at race walk pace) then go from a slow jog to a faster jog for 300 meters. Total distance is 400 m.
2. **ABCs and Arm Stretches:** Spell out the alphabet in capital letters with your foot in the air (don't move the foot, just rotate from the ankle) while stretching the arm across your chest and locking elbow to elbow and pulling back. Switch and do other leg and arm.
3. **Motion Dynamics:** are done over 50 meters. The first 25m is for the drill with the last 25 a "run out." If doing these indoors, and there is no room for the "run out," then skip it. Here are the drills:
 - a. **Scoops** (remember 25m with a 25m run out at the end). Lead leg straight with toe dorsiflexed. Hands come down and "swipe or scoop" the shoe. Note: every step is a "scoop."
 - b. **Knee Hug** – pull knee up to chest with both hands. Every step is a hug.
 - c. **Hip Cradle** – pull your leg up so that it is even with the waist, bent at the knee and parallel to the ground. Knee is pointing out and heel should be near the crotch. Wrap both hands under the knee and thigh and pull up.
 - d. **Single Leg Dead Lift** – bend forward with a straight lead leg and with both hands touch the lead leg shoe. The trail leg is also straight and to the rear at waist level. Alternate legs every step.
 - e. **Lunges With Arm Circles** – lunge with trail leg close to ground. Be sure that lead knee does not get ahead of lead foot. Windmill action with both arms in same direction. Switch direction of arms with each lunge. Each step is a lunge.
 - f. **Side Lunge And Cross Arms** – Lunge to the side with trail leg straight. Each step is a lunge. Do cross body arm swing (do not bend the elbow) each lunge.
 - g. **Frankenstein** – March with arms out straight at shoulder level (do not drop arms). Kick leg straight up (try not to bend knee) to touch opposite hand.
 - h. **Backwards Skips** – skip backwards. Try not to turn around. Keep a straight line by watching the path / track behind you.