

Dirty Warm-Up (50m area)		Sleepy Time
		1 Superman x 10
2. Skipping, Arm Circles, down and back		2 Scorpions x 20
3. Skipping, One Arm across your body (PT style); down and back		3 Iron Cross x 20
4. Lateral Shuffle with big arm, down and back		4 Donkey Whips x 5
5. 8 Body squats to 30m accel		5 Lower Body Crawl (Prone) x 10
6. 8 Wide outs to 30m accel		6 Side Leg Lift x 24 (toe in, neutral, toe out x 8)
7. 5 Single Leg squat to 30m accel		7 Groiners x 20
8. 5 Single Leg squat to 30m accel		8 Donkey Whips x 5
9. Backward run, down and back		9 Groiners x 20
10. A-skip for 20m		10 Gentle...Cat-back, sway-back x 10 (5 of each)
11. B-skip for 20m		11 4 min of Foam roller
Aerobic Work Warm-up (50m down and back)		Cannonball Adderley Cool Down
1 Skipping, Arm Circles, down and back		
2 Lateral Shuffle with big arm, down and back		1 Donkey Kicks x 10
3 4xSingle Leg Squat, run out 75% to 50m mark		2 Scorpions x 20
4 4xSingle Leg Squat, run out 75% to 50m mark		3 Rockies x 5
5 Skipping, both arms across body, down and back		4 Donkey Whips x 5
6 Skipping, one arm across body, down and back		5 Lower Body Crawl (Prone) x 10
7 4xWide outs, run out at 80% to 50m mark		6 Iron Cross x 20
8 6xSpeed Skaters, run out 80% to 50m mark		7 Australian Crawl x 20
9 10 x Mt. Climbers Doubles in, run out 80% to 50m mark		8 Side Pedestal, Leg Lift x 5
10 Backwards Run (Heal to Butt)		9 Groiners x 10
11 10 x Mt. Climbers Doubles out, run out 80% to 50m mark		10 Hurdle Seat Exchange x 10
12 Backwards Run (Heal to Butt)		Move to a wall
		11 Quick Leg Cycle (good heal recovery) x 5
UW Competition Warm-Up (50m area)		12 Hurdle trail-leg forward x 5
1 Skipping, Arm Circles, down and back		13 Hurdle trail-leg backward x 5
2 Lateral Shuffle with big arm, down and back		14 Lateral leg swing x 10
3 4xSingle Leg Squat, run out 75%		15 Linear leg swing x 10
4 4xSingle Leg Squat, run out 75%		
5 Skipping, both arms across body, down and back		Grant Green Cool Down
6 Skipping, one arm across body, down and back		
7 4xWide outs, run out at 80%		1 Donkey Kicks x 10
8 6xHurdle Seat Exchange		2 Scorpions x 20
Move to Wall		3 Iron Cross x 20
9 Quick Leg Cycle (good heal recovery) x 5		4 Side Leg Lift x 24 (toe in, neutral, toe out x 8)
10 Hurdle trail-leg forward x 5		5 Rockies x 5
11 Hurdle trail-leg backward x 5		6 Donkey Whips x 5
12 Lateral leg swing x 10		7 Lower Body Crawl (Prone) x 10
13 Linear leg swing x 10		8 Scorpions x 20
Back to Track for Plyo Accels		9 Iron Cross x 20
14 4xPogo, Accel 3 steps		10 Australian Crawl x 20
15 4xAnkle Flip, Accel 4 steps		11 Side Pedestal, Leg Lift x 20 (10 x each side)
16 4xStar Jump, Accel 5 steps		12 Groiners x 20 (tempo WU - Vol.1)
17 4xTuck Jump, Accel 6 steps		13 Hurdle Seat Exchange x 10 (tempo WU - Vol.1)
		14 Rockies x 5
Change into spikes; 2-3 strides; then 150m with middle 50m at 92% -95% 3-5 min before race		15 Russian Hamstring x 50 (25 on each leg)
		16 L-Ups (from Teak)
Note: On the Skipping you should ideally go forward, then backward, yet often that is not safe with other competitors warm-up up. In that case, do it down 50m and back 50m		17 Low-level twist x 40 (Mahogany)
		Move to a wall
		18 Quick Leg Cycle (good heal recovery) x 5
		19 Hurdle trail-leg forward x 5
Competition Warm-Up (50m area)		20 Hurdle trail-leg backward x 5
1 Skipping, Arm Circles, down and back		21 Lateral leg swing x 10
2 Lateral Shuffle with big arm, down and back		22 Linear leg swing x 10
3 4xSingle Leg Squat, run out 75%		
4 4xSingle Leg Squat, run out 75%		RDAM (Race Day AM)
5 Skipping, both arms across body, down and back		
6 Skipping, one arm across body, down and back		LM, LL and Myrtl
7 4xWide outs, run out at 80%		15 min easy run
8 6xHurdle Seat Exchange		Skipping WU for 30m

Move to Wall	1 Arm Circles, down and back
9 Quick Leg Cycle (good heal recovery) x 5	2 Lateral Shuffle, down and back
10 Hurdle trail-leg forward x 5	3 Arms scissors, down and back
11 Hurdle trail-leg backward x 5	4 Both Arms Across, down and back
12 Lateral leg swing x 10	5 Single Arm Across, down and back
13 Linear leg swing x 10	5xRockies
Back to Track for Plyo Accels	10xGood V-Ups
14 4xPogo, Accel 3 steps	Canonball (no Rockies)
15 4xAnkle Flip, Accel 4 steps	
16 4xStar Jump, Accel 5 steps	Aerobic Work Cool Down (50m down and back)
17 4xTuck Jump, Accel 6 steps	1 10 x Mt. Climbers Doubles in, run out 70% to 50m mark
MTs with 4k shot...land with neutral foot	2 Backwards Run (Heal to Butt)
	10 x Mt. Climbers Doubles out, run out 70% to 50m
18 4xHop to OHBSP	3 mark
19 3xHop to Front Throw (SP to naval)	4 Backwards Run (Heal to Butt)
20 3xHop to Front Scoop	5 4xWide outs, run out at 80% to 50m mark
	6 Skipping, both arms across body, down and back
Note: On the Skipping you should ideally go forward, then backward, yet often that is not safe with other competitors warm-up up. In that case, do it down 50m and back 50m	7 Skipping, one arm across body, down and back
	8 Skipping, Arm Circles, down and back
	9 Lateral Shuffle with big arm, down and back
	10 10 x Groiners
	11 20 x Iron Cross
	12 20 x Scorpions
	Lionel Hampton Cool Down
	1 Donkey Kicks x 20
	2 Scorpions x 20
	3 Iron Cross x 20
	4 Side Leg Lift x 24 (toe in, neutral, toe out x 8)
	5 Inverted Scissors x 20
	6 Groiners x 20
	7 Inverted Splits x 20
	8 Donkey Kicks x 20
	9 Scorpions x 20
	10 Iron Cross x 20
	11 Australian Crawl x 20
	12 Roll back into straight leg x 10
	13 Hurdle Seat Exchange x 10 (tempo WU - Vol.1)
	14 Roll back into gentle butterfly x 10
	15 Groiners x 20
	Move to a wall
	16 Hurdle trail-leg forward x 5
	17 Hurdle trail-leg backward x 5
	18 Lateral leg swing x 10
	19 Linear leg swing x 10