

Dirty Warm-Up (50m area)	Sleepy Time
1. Skipping, One Arm across your body (PT style); down and back	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
Competition Warm-Up (50m area)	19 Hurdle trail-leg forward x 5
1 Skipping, Arm Circles, down and back	20 Hurdle trail-leg backward x 5
2 Lateral Shuffle with big arm, down and back	21 Lateral leg swing x 10
3 4xSingle Leg Squat, run out 75%	22 Linear leg swing x 10
4 4xSingle Leg Squat, run out 75%	
5 Skipping, both arms across body, down and back	RDAM (Race Day AM)
6 Skipping, one arm across body, down and back	
7 4xWide outs, run out at 80%	LM, LL and Myrtl
8 6xHurdle Seat Exchange	15 min easy run
	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		
17 4xTuck Jump, Accel 6 steps		
MTs with 4k shot...land with neutral foot		
18 4xHop to OHBSP		
19 3xHop to Front Throw (SP to naval)		
20 3xHop to Front Scoop		
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