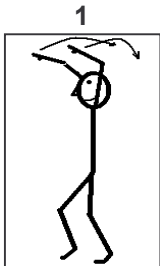


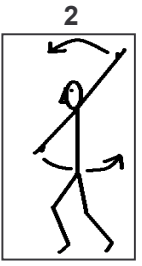
# Dynamic Warm Up Sequence

Repeat each exercise at least 7 times



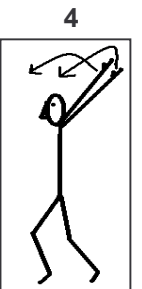
**1. Torso Stretch.** Reach up with both arms. Reach across face. Draw arm backwards. Get a sense of walking under the arm. In the beginning feel the stretch in lats & then as arm goes over head, feel it in the shoulder & pec. Keep walking forward.

**2. Foreward Arm Swims.** "Swim" forward by swinging the arms in large loose arcs. Make sure that they are swung with enough speed to create a little momentum. This is a mobilization exercise. Allow the hips to rotate freely & naturally. Keep walking forward while doing this.



**3. Backward Arm Swims.** "Swim backstroke" by swinging arms backwards in large loose arcs. Make sure that they are swung with enough speed to create a little momentum. This is a mobilization exercise. Allow the hips to rotate freely & naturally. Keep walking forward while doing this. Lead with the little finger & keep the palms pointing outwards.

**4. Foreward Arm Swings** (both arms together). Rotate both arms foreward with momentum. Keep low back straight & maintain a forward lean throughout. Keep elbows bent to protect shoulders. Also rotate the shoulders.



**5. Backward Arm Swings** (both arms together). Rotate both arms backwards with momentum. Keep low back straight. Lead with the little finger & keep the palms pointing outwards. Relax face & keep elbows bent. Do not force the arms backwards, allow the arms & shoulders to loosen naturally & move through their full range of available motion, no matter how limited.

**6. Assymetric Arm Swings.** Rotate one arm forward & the other backward. Allow the hips to swivel in order to accommodate the shoulder rotation. Practise until comfortable with the coordination component.



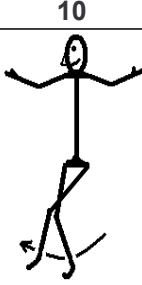
**7. Heel Walk.** Walk forward keeping the forefoot off the ground. This is to activate the tibs & stretch out the gastrocs. Can do more than 7 steps per foot with this exercise.

**8. High Toe Walk.** Use a normal walking gait. Strike with the heel, roll through the entire foot & toe off strongly, pushing the body upwards & forwards. Keep the toe in contact with the ground - do not skip.



**9. High Knee Walk.** Use a normal walking gait. Strike with the heel, roll through the full length of foot. Fire the leading knee to at least hip height. Simultaneously toe off strongly as with # 9, & keep toe in contact with ground. Keep leaning forward, especially when driving knee upwards.

**10. Grapevines.** Moving sideways, keep arms outstretched. Have the trailing leg alternately go across the front then the back. It helps to turn the head with the trailing leg, i.e. when it goes across the front look in the direction of travel, when it goes past the back, look backwards. 1st walk this drill, with deep balanced steps, then run it with short rhythmic steps.



**11. Side Bends.** Interlock the hands, spread the legs about shoulder width & lift the arms above the head. Keep the low back relaxed. Do not lift the arms so high that the low back arches. Bend to each side while exhaling. Inhale when returning to the top. Keep the body upright, keeping the shoulders & hips square. Being bent a little forward is a good idea.

**12. Butt Kicks.** i Walk forward with bent elbows. Flick heel up to the glutes. Use only hamstrings & not gastrocs (calves) or low back - keep pelvis in neutral. li Jog forward & flick the heel up on every 2nd step (use same principles). iii Then 8-12 alternating heel flicks while running easily.



**13. Hamstring Kick Outs.** Walk forward & kick each leg out alternately. Bend forward. Keep the support leg bent & stay up on the toe. Kick the leg out straight forward & reach the opposite hand out towards the extended shin or foot. Keep leaning & moving forward.

**14. Strides/Pick Ups.** Walk & or run easily for 3 minutes & then do some strides. 1st one just faster than warm up run. Build pace with consecutive strides till a pace just faster than expected finishing or training pace for race & training. 4 - 10 strides of 50 - 200m, or 15 - 45 seconds. Be sure to rest sufficiently between strides. Fewer strides executed correctly is the way to go.

