

SPEED PERFORMANCE WARM-UP Update Jan 2017

1. **3 laps of progression of running on grass –**
 - a. Walking High Knees w/ arms fast and back (25M)
 - i. 25m jog
 - b. Walking crosses
 - i. 25 M jog
 - c. Walking Quads
 - i. 25 M jog
 - d. Walking Leg Raises
 - i. 25 M jog
2. **Grass lap jog**
 - a. Skip High Knees and Hold w/ arms fast and back (25M)
 - i. 25m jog
 - b. Skip and Hang (HORSES) High Knees w/ arms fast and back (25M)
 - i. 25m jog
 - c. Side to Side with arm swing (25M) both directions
 - i. 25m jog
 - d. Rhythm Skips
 - i. 25m jog
3. **Grass lap jog**
 - a. Cariocas (25M) both directions
 - i. 25m jog
 - b. Quick skips with w/ arms fast and back (25m)
 - i. 25m ACCELERATIONS
 - c. Medium High Knees w/ w/ arms fast and back (25M)
 - i. 25m ACCELERATIONS
 - d. Russian Straight leg (25m) dorsiflex toes
 - i. 25m ACCELERATIONS
4. **Grass lap jog**
 - a. Dbl leg hops X 20
 - i. 25 accelerations
 - b. Single leg Hops * 10 ea
 - i. 50 meter rhythm
 - c. Single leg Side to Side
 - i. 50 meter Rhythm
 - d. DBL Ski jumps down the track
5. **Grass Lap**
 - a. Leg swings – hamstring – 10 each leg
 - i. 50m jog
 - b. Leg swings – hip flexor – 10 each leg
 - i. 50m jog
 - c. Shuffle shuffle snap full 50M
 - i. 25 M ACCELERATIONS
 - d. Heel Pull to Butt kicks
 - i. 25 m ACCELERATIONS
6. **Grass lap jog**
 - a. High Knees over 10 hurdles w/ 50M acceleration (x2)

Start workout