

## **Two Harbors Track and Field- Warm-up**

### **I. Dynamic Stretches:** Each done for 15 to 20 yards in 8 lines (down and back)

Walking Torso Twist  
Jogging Arm Circles- fwd  
Jogging Arm Circles- bkwr  
Skip  
Side Shuffle Arm Swing Hugs- inward  
Side Shuffle Arm Swing Hugs- outward  
Skip  
Tapioca- Low Knee Hip Twist- inward  
Tapioca- Low Knee Hip Twist- outward  
Skip  
Carioca- High Knee Across Body- inward  
Carioca- High Knee Across Body- outward  
Skip  
Lunge Walk - Speed Walk

### **II. Range of Motion:**

push-ups x 10, (sprinters do x3 finger-tip pushups)  
Leg Swings- fwd/bck- x 8                      Leg Swings- Side to Side- x 8  
Leg Swings- Figure Eight- x 8                Calf Stretch - (leg out / toe to wall)  
Partner- Hamstring Stretch                    Standing Quad Stretch

### **III. Form Drills:** 2x lengths of gym - Be Tall- tight tummy, flat back. Shoulders down. Loose neck and jaw. On balls of your feet. Arms on Hips Down- Arms-Elbow Action Back

A-March  
Quick-A's  
Power Skip A's  
Running A's- (high knees- heel to butt)  
A to C Skip- (L-frwd-side, R-frwd-side)  
On-Line Stride  
Butt Kicks- quick turn over  
Backwards Jog- (heel to butt and reach back)  
Straight Leg Bounds- Quick Shuffle-Loosey Goosey  
Straight Leg Bounds- Long Bounds-Goose Step  
Quick Leg – right  
Quick Leg - left  
Fall Forward & Sprint- hard to half court  
3pt Stance & Sprint- hard to half court  
Chase Sprints x2- hard to half court- (partner of like ability / switch positions)

#### **IV. Line Hops: Quick Feet!!**

front to back- x 20

side to side- x 20

4 corners- x 20

dbl leg ski hops- fwd- x 10

dbl leg ski hops- bckwd- x 10

#### **V. Lunge Steps: 4 each leg (increase by one every week- max 8 each leg)**

##### **SET-UP- MATS**

#### **VI. Height Jumps: 2 sets of 4 (8 total)- increase 1 rep every 3 wks (12 total max)- on mats!**

Spring-up Jumps, Star Jumps, Wrap Jumps

#### **VII. Power Core Exercises- “Hustle between stations”**

#### **VIII. Bare Foot Drills- NO SHOES- ON MATTS**

On Heels- **with shoes**

On Toes- fwd / bkwd

Toes In

Toes Out

Outside of Foot

Inside of Foot

### **Cool-Down / Stretch for Flexibility**

#### **I. Jump Rope x 100 (increase by 50 each week-up to max of 300)**

#### **II. Hurdle Mobility Drills**

#### **III. Static Stretching: Hold for 30 to 60 sec**

neck rolls

arm stretch overhead

arm stretch in-front

hip circles

bend at waist- hamstring stretch

leg cross-overs (l,r)

standing quad stretch

sitting-inverted huddlers stretch

butterfly stretch

sitting leg cross over- twist

ankle rolls

partner- hamstring stretch

partner- shin stretch

wall calf stretch (leg out / toe to wall)

#### **Extra Stretches- Done Individually**

toe up chair stretch

quads / hip flexor stretch

standing hurdle stretch (l,r,m)

sitting legs split bend forward (l,r,m)

on back- pull knee back (hamstring)

arm circles