Dynamic Warm Up

The Running Academy

What is it? A series of movements that are designed to prepare the muscles for performance in any sport. The advantages of a dynamic warm-up, by comparison with the more traditional ‘sit and stretch’ routine, are as follows:

1. It maintains warmth in your body and muscles. Many athletes drop their core temperature by 2-3° after sitting and stretching for 10-15 minutes.
2. It prepares the muscles and joints in a more sport specific manner than static stretching.
3. It enhances coordination and motor ability as well as revving up the nervous system – benefits which are particularly important for younger athletes who are still learning their bodies. But these drills must be done correctly.
4. Finally, and it prepares the mind for the workout ahead. Many sit-and-stretch routines are an excuse for daydreaming, the dynamic warm-up forces athletes to focus and concentrate on the task at hand.

**Pre-Practice Warm Up Routine:**

**I. Jog** 1-2 laps (4 min)

**II. Joint mobility** (4 min)

Ankle circles Arm wraps

Knee extensions Arm circles

Knee circles Windmills

Hip circles Neck mobility

Trunk circles

**III. Active Legs**: (no exaggerated upper body movement)

 a. skipping forward

 b. skipping backwards

 c. side slides

 d. backwards running

 e. walking lunges

 f. carioca

**IV. Active Arms:** (with lower body drills)

 a. skipping forward & backwards

 1. arm wraps

 2. arm circles (forward & back)

 3. windmills (leading with left or right)

 b. side slides

 1. jumping jacks (half circles over head)

 2. side arm circles (in moving direction)

**V. Dynamic flexibility** (3 min)

Leg swings

 front and sideways swings x 10 reps each leg

 Iron cross x 10 reps each leg

**VI. Core Work**

"A" Day Exercises (5 min)

 Push ups x 20-30, Sit ups x 40-50, side crunches x 30-40, Supermans 3 x 1 min

"B" Day Exercises

 Walking lunges, squats, inner thigh/ outer thigh lifts, balance

C" Day Exercises

 Hurdle walkovers, two forward/ one back, under/ overs

**VII. After practice or a Meet Static Stretching-** - 10-15 min

Hold each stretch for 20-30 seconds

Straight leg and bent leg calf stretch Butterfly

Quad stretch Seated cross over- gluteus

ITB stretch Seated straight leg hamstring

Back extension Hip flexor

**Notes:**

1. These drills act as your cardiovascular warm-up to increase heart rate and increase the body's core temperature.

 2. These drills should be done before practice, workouts, and races. Warm up exactly the same in practice as you would in a meet.

 3. The duration of these drills should be 4-12 minutes.

 4. The drills should be done over 20-100m.

5. Can be perform on any surface but grass is the most giving and safest to help prevent injuries.