

MCHS DISTANCE WORKOUT WARM-UP ROUTINE

(Revision GF 1/6/20)

- 1) **Lunge Matrix:** From standing position, 7-10 x front – back – side – side
- 2) **Warm-up Run:** 1-1.5 mile EZ pace run
- 3) **Form Drills: (all 2 x 30m)**
 - a. A-Skips
 - b. Butt Kickers
 - c. High Knees
 - d. B-Skips
 - e. Double B-Skips
 - f. Quick Steps
- 4) **Walking Stretches** (walk 2 steps > stretch > repeat; do 5 reps for each leg):
 - a. Pull leg forward to chest > hold :05; switch legs
 - b. Pull leg from back, heel to butt > hold :05; switch legs
 - c. Extend front leg (keep leg straight/toe up) > bend down/reach and sweep arms
- 5) **Leg Swings:** Facing fence, swing left leg out, then swing to the right going across front of body, switching legs after 10 reps; try to maximize swing range without too much strain.
- 6) **Strides:** Do 3-4 x 50-70m strides, building up speed at end closes to max speed; focus is on running fast, but smooth with good mechanics

(READY FOR WORKOUT!)