

## PRE-RUN WARM-UP

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|--------------------------------|----------------------------------|
| 1. Walking Lunge               | 2 x 15 yds.                      |
| 2. Walking Side Lunge          | 2 x 15 yds.                      |
| 3. High Knee                   | 2 x 15 yds.                      |
| 4. Butt Kick                   | 2 x 15 yds.                      |
| 5. High Knee / Butt Kick Combo | 2 x 15 yds.                      |
| 6. Walking Toe Touch           | 2 x 15 yds.                      |
| 7. High Knee Skip              | 2 x 15 yds.                      |
| 8. Bounding                    | 2 x 15 yds.                      |
| 9. 3 Step Start                | 2 x Burst 3 step, coast to 15 yd |
| 10. 5 Step Start               | 2 x Burst 5 step, coast to 15 yd |

**Walking Lunge**- Take a long step forward, landing on the toes. Bend the knee until top of the thigh is parallel to ground and opposite knee grazes the ground. Continue this stepping motion for 15 yards then turn around and come back 15 yards.

**Walking Side Lunge**- Turn sideways and take a lateral step, landing on the toes. Bend the knee until the top of the thigh is parallel to the ground, keeping the opposite knee straight. After taking the step, bring the opposite to the stepping leg and stand up. Repeat this motion until 15 yards is covered. Return back to start point with this motion only using the other leg to lead.

**High Knee**- Lean forward and drive knees to your chest in an alternating running pattern. Be sure to only contact the ground with the toes, never let the heel touch the ground. Continue for 15 yards, try to take as many short, fast steps as you can. Return back 15 yards to your starting point.

**Butt Kick**- Lean forward and strike your butt cheeks with your heels in an alternating running pattern. Be sure to only contact the ground with the toes, never let the heel touch the ground. Continue for 15 yards, try to take as many short, fast steps as you can. Return back 15 yards to your starting point.

**High Knee / Butt Kick Combo**- Lean forward and perform a running motion. Drive the knees to the chest and try to make your heel contact your butt cheek. Only the toes should contact the ground, not the heels. Try to take as many short, fast steps as you can. Continue for 15 yards then return back 15 yards.

**Walking Toe Touch**- Walk 15 yards, each time you step, kick your leg in front of you as high as possible. Touch the toe of the “kick foot” with the opposite hand. (Right hand, left foot...vice versa). Continue for 15 yards, then return 15 yards to your starting point.

**Bounding**- Bound from one leg to the opposite leg in an exaggerated running motion. Take long strides while also trying to elevate on each stride. Alternate your arms with your legs (right leg forward, left arm forward...vice versa).

**3 Step Start**- Start in your football position stance. Take 3 full speed steps. Stay low on all 3 steps, lean forward, keep your head and chest down, only toes should make contact with the ground. After 3 full speed steps, coast until 15 yards are covered, then repeat the start and coast, returning you to your starting point.

**5 Step Start**- Start in your football position stance. Take 5 full speed steps. Stay low on the first 3 steps, as in the 3 step start. On steps 4 and 5 bring your head and chest up. You should be at maximum speed by fifth step, then coast until you have covered 15 yards. Repeat this start and coast, returning you to your starting point.