

Dynamic Warmup Exercises for Sprinters and Distance Runners

(says Lance Smith – “this is just one of many possible dynamic running warmup routines”).

1. Easy Jog:	5 to 10 min.
2. Toe Walks	Walk 2 x 10 metres on your tiptoes with toes pointing straight ahead. Then 2 x 10 metres with your toes pointing out. Then 2 x 10 metres with toes pointing in.
3. Heel Walks	Same as Toe walk, but as high on your heels, as possible.
4. Lunge walks	2 x 20 metres then 2 x 20m sideways lunge walk
5. Skip with loose movement	Super relaxed, swing the arms as you skip, and don't hurry. 20 metres forward, 20 metres backward, then do both again.
6. Relaxed sideways shuffle	Legs don't cross - to left 30 metres then to right 30 metres.
7. Backward runs	2 X 30 meters, pulling yourself by the feet (reach back and pull through), 2X 30 meters pushing yourself along by the feet. Stay loose and relaxed.
8. Carioca Runs	2 X 30 meters sideways runs to the right 2 x 30m sideways run (carioca) to left
9. Leg swings	20 sideways 20 forward and back. Place a hand on a post or the side of a wall or tree.
10. Ladder stepping	3 X High knee walk. 3 X High knee run. 3 X; fast feet in ladder (2 feet each rung)
	------(Fold here, & laminate for a take with you reference)-----
11. Fast skips and straight legs	3 X fast skip 10 meters. 3 X straight leg runs short and fast 10meters 3 X straight leg runs long stride 10meters 3 X straight leg runs sprint 10 meters 10meters 3 X butt kicks
12. Ankle bounces	20 with push all coming from ankles. Do not go for height, keep relaxed, pull your toes up as you bounce (no pointing toes to ground).
13. Arm drives & accelerations.	(concentrate on running form & a good ballance of core stiffness & relaxation). Few vigorous arm drives then:- (Sprint race) 3 x bounds into s/o into sprint (total of 50 metres composed of 3 or 4 bounds then 20 metres s/o then 20 meters 20 metres full speed. Walk back slowly and repeat. Practise Starts - a few, if you can fit them in. (Distance race) 4 x 40m metres s/o into 20 metres fast (60 metres total) all the time concentrating on running form and relaxation.
14. Pre-race Wait:	(Stay warm and relaxed!)

The warm up takes you to a few minutes before you race. Stay warm by putting a tracksuit or top back on while you wait for your race to start. The benefits of a warm up can be lost in as little as 2 minutes if you are standing around on a cold day in nothing but shorts and singlet. You will damage your chances and risk injury. It also wastes the effort you have put into the warm up.