

Hamline University Strength & Conditioning Summer 2009

Dynamic Warm Up Routine

Following program should be done daily prior to any running or strength training workout.

<u>EXERCISE</u>	<u>REPETITIONS</u>	<u>DISTANCE</u>
Jog w/ Arm Circles Forward	2	30 yds
Jog w/ Arm Circles Backward	2	30 yds
Jog w/ Arm Circles Across Chest	2	30 yds
Lateral Shuffle w/ Arm Crosses @ Top & Bottom	2	30 yds
Carioca	2	30 yds
Backward Run	2	30 yds
Lunge Walk + Knee Pull Through	2	15 YDS
Frankenstein Walk	2	15 YDS
Ankle Grabs	2	15 YDS
Walking Quad Stretch	2	15 YDS
Stride	2	30 yds
Stride Increase	2	30 yds
Leg Swings - Forward & Backward	10	-
Leg Swings - Side to Side	10	-
Free Squats	10	-
Stride	2	30 yds
Stride Increase	2	30 yds

Running Mechnic Drills

<u>EXERCISE</u>	<u>REPETITIONS</u>	<u>DISTANCE</u>
1/2 CLAWS	10 - EACH LEG	/
FULL CLAWS	10 - EACH LEG	/
WALL RUN	10 - EACH LEG	/
A-MARCH - DOUBLE LEG	2	15 YDS
A-MARCH - SINGLE LEG	2	15 YDS
A-SKIP - DOUBLE LEG	2	15 YDS
A-SKIP - SINGLE LEG	2	15 YDS
A-SKIP - 1 REP FORWARD / 1 REP TO SIDE	2	15 YDS
STRIDE INCREASES	4	40 YDS