

2009 SUB 5 TRACK CLUB SUMMER TRACK WORKOUTS

DYNAMIC WARM-UP ROUTINE

PURPOSE OF WARM-UP

- Raise body temperature to 101° F (optimal temperature for cellular enzymes used in energy production)
- Increase range of motion, improve joint mobility, decrease muscle viscosity
- Training the nervous system to develop neural pathways associated with fast running
- Injury prevention, better prepared for physical demands of workout
- Provide opportunity for social interaction and camaraderie

ROUTINE

- 10 minute jog warm-up @ 6:00 PM
- Jog backwards (jog back)
- Jog slowly bending with arms down (jog back)
- Buttkicks (jog back)
- A Skip (jog back)
- High knees (jog back)
- B Skip (jog back)
- Apple Picking
- Swing arms in front/back
- Quick Leg Series (Left, Right, Alternate)
- 80% Stride x 2

For maximum benefit, you should consider incorporating elements of this routine into your daily workouts as well as your pre-race preparation.