

## How to warm up distance runners – Session 3

- I. Intro.
- II. Warm Up/ Cool Down Routine (see hand out)
  - a. High Intensity Session in Review
    - i. AM
    - ii. PM
- III. The Involvement of General Strength & Conditioning in the Warm Up (see hand out)
  - a. Power vs. Aerobic – three scenarios
    - i. How to know if your athletes are balanced
      1. 800
      2. 1600
      3. 3200
    - ii. Testing
    - iii. Including power in to the weekly cycle
  - b. Creating a circuit (see handout)
- IV. Q & A

For Further Information or to request handouts:

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