

## Track and Field Dynamic Warm Up

### Dynamic Warm up

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What is it and why is it important?

The dynamic warm up is the modern method for warming up our bodies to the athletic response that we are requesting.

Dynamic stretching performs the function of warming up our body that static stretching does not. Dynamic stretching or warm-ups increase heart rate, body temperature and range of motion. Dynamic warm-ups prepare the body to fire and react, contrary to the stretch and hold of a static warm up.

Dynamic warm-up should last 10-20 minutes. Begin with a 600m jog, skip or rapid walk. The athlete should expect to start to feel that internal heat or break a sweat throughout the warm-up.

### Warm-up Exercises

Heel Walkñ2 x 30m

Focus should be on lengthening the gastrocnemius and soleus and balance.

Toe Walkñ2 x 30m

Focus should be on ankle motion, balance, posture.

Windmillsñ2 x 10 circles

Start small and increase the rangeñcorrect posture is important.

Straight Leg Kicksñ2 x 30m

Stand tall, kicking each leg forward and high

Lungesñ2 x 30m

Focus on keeping the knee behind the ankle, thigh parallel with floor, head up.

High Kneesñ2 x 30m

Hip flexion, drive the knee as high as possible keeping proper sprinting form

Ankle popsñ2 x 30m

Up on toes, pushing off the foot in a jogging motion

Hamstringñ2 x 30m

Focus on hamstring, glute, core and balance. Alternate lifting legñathlete can reach in front or touch the ground.

### Time

spent in dynamic warm-ups should be focused on the task at hand and the events that we are training for.

Samples for additional dynamic workouts:

Speed/Power Day Dynamic Warm-up

Have your athletes jog for 5-10 minutes. Have them jog a lap then skip for a lap around a track or football field (or comparable sized space).

- Pushups ñ x 10
- Stationary Squat ñ x 20
- Stationary Lunge ñ front x 5 each, lateral ñ x 5 each
- Trail Leg (circles ñ on all fours) ñ x 15 each
- High knee walk (hug knee) - x 10 each leg
- Jog back to start
- Lunge x 10 each leg
- Skip - x 30 yards
- Lateral leg swings - x 10 each leg
- Skip 50 yards
- Backwards run - 2 x 30 yards
- Skip for height ñ 1 x 20 yards
- Walk back
- Accelerations - 4 x 40 yards (1@75%, 1@ 85, 1@95%, 1@100%)

And

Recovery Day Dynamic Warm-up

Have your athletes jog for 5-10 minutes. Have them jog a lap then skip for a lap around a track or football field (or comparable sized space).

- Pushups ñ 3 x 10
- Staggered pushup ñ 5 each
- Stationary Squat - 20
- Stationary Lunge ñ front 5 each, lateral ñ 5 each, diagonal ñ 5 each
- High knee walk (hug knee) - x 10 each leg
- Jog back to start
- Lunge walk w/ hamstring x 10 each leg
- Jog back to start
- Lunge w/ squat x 10 each leg
- High Knee Skip