

Track and Field Warm-up

20 meters Foot Drills 100m

Walk on Outside of foot

Walk on Inside of foot

Inward toe walk

Outward toe walk

Heel Walk

30 meters skipping 200m

Easy Skips

Arm circles Front and back

Bear Hugs 300m

Punches

Backwards

Side slide 400m

Carioca

Carioca facing opposite way

30 meters 500m

Zombies

Quad stretch

Periformis Stretch

Single toe touches 600m

Marching lunges

Back wards lunges

High knees 700m

Jog to 800m

Leg Swings

Straight swing
Side Swing
Donkey Kicks
Toe Taps....10 each

Hurdle Skips
Straight leg
Sprint 100m
Bent leg
Sprint 100m 2 on each side....1600m

Use the grass field
Ankle circles
Knee circles
Hip circles
Trunk rotations
4-way neck stretch
Fire Hydrants
Hip circles
Iron cross
Scorpions
Splits and scissors
Hamstring stretch
Hurdle seat rollover

Sprint Drills
A Skip
B Skip
C Skip
Skip for Height
Skip for Distance
High Knee Progression
Falling Starts