

Event Prep:

20-25 Minutes before: Put On/Organize all needed gear & Teammates

15 Minutes before: First Call Check-In with Clerk

Inside 15 Minutes: Warm-Up

5 Minutes: Final Call, meet with Clerk or Starter

Pre-event Warm-Up

Begin 20-30 minutes before your event, allow yourself 5 minutes or so between finishing the warm up here and running your event. This should take 10-15 minutes to complete.

1. 1-2 laps to warm up the muscles—do some arm circles, lateral strides, light skipping, etc.
2. 10m lunges with upper body twist
3. 10m inch worms with push up
4. 10 total lateral lunge squats
5. 10m walking knee pull with a calf raise
6. 10m Spiderman crawl with 2-3 second pause
7. 10 each side—over the hurdle, under the hurdle
8. 10m high knees—remember 10 high intensity, 10 easy, 10 high intensity
9. 10m butt kicks—same as high knees--***keep good torso posture-stay forward***
10. 20m skips—high leaps, remember left knee up with right elbow and vice versa
11. Sprint stride-outs. 5m-jog, 10m-sprint-5m-jog
12. Reflect—how warm are you? Any tight spots or areas that need more attention? Do those things again and stay focused on what it takes to be successful.