

### **Dynamic Warm Up Drills**

In order to ready the body for vigorous exercise we must bring it from its pre-exercise level of inactivity to a point of primed readiness to absorb training. These exercises were designed to gradually warm, activate, lengthen and potentiate the body safely and in such a way that the athlete is ready to absorb the value of training fully. The drills include activities that lengthen muscle groups, get muscle groups firing in correct sequence, raise core muscle temperature to effective operating levels and mobilize joints effectively to promote relaxation and full, safe range of motion.

Begin each session of dynamic warm up drills with relaxed walking and then a little easy running (5-10 minutes) – at least until a steady heart rate has been achieved.

#### **DWU Sequence 1 – Repeat each exercise at least 7 times**

1. **Torso Stretch** – Reach up with both arms. Reach forward towards face. Draw arms backwards. Get a sense that you are walking under your arms. In the beginning feel the stretch in your lats and then as the arm goes over your head, feel it in your shoulders and chest. Keep walking forward while you do this.
2. **Forward Arm Swings (Freestyle Swim)** – “Swim” forward by swinging your arms in large loose arcs. Make sure you swing them with enough speed to create a little momentum. This is a mobilization exercise. Allow the hips to rotate freely and naturally. Keep walking forward while you do this.
3. **Backward Arm Swings (Backstroke Swim)** – “Swim” backstroke by swinging the arms backwards in large loose arcs. Make sure that you swing them with enough speed to create a little momentum. This is a mobilization exercise. Allow the hips to rotate freely and naturally. Keep walking forward while you do this. Lead with the little finger and keep the palms pointing outwards over the top.
4. **Forward Arm Swings Together** – Rotate both arms forward with momentum. Keep low back straight and maintain a forward lean throughout. Keep elbows bent to protect shoulders. Also rotate the shoulders.
5. **Backward Arm Swings Together** – Rotate both arms backward with momentum. Keep low back straight. Lead with the little finger and keep the palms pointing outwards. Relax face and keep elbows bent. Do not force the arms backwards, allow the arms and shoulders to loosen naturally and move through their full range of motion, no matter how limited.

6. **Asymmetric Arm Swings** – Rotate one arm forward and the other backwards. Allow the hips to swivel in order to accommodate the shoulder rotation. Practice until comfortable with the coordination component.

### **DWU Sequence 2 – Repeat each exercise at least 7 times**

7. **Heel Walk** – Walk forward keeping the forefoot off the ground. This is to activate the tibs/shins and stretch out the gastroc/soleus (calves). Here you can do a little more than 7 steps per foot.
8. **High Toe Walk** – Use a normal walking gait. Strike with the heel, roll through the entire foot and toe off strongly, pushing the body upwards and forwards. Keep the toe in contact with the ground – do not skip.
9. **High Knee Walk** – Use a normal walking gait. Stroke with the heel; roll through the entire foot and then fire the leading knee to at least hip height. Simultaneously toe off strongly as with #8 and keep the toe in contact with the ground. Keep leaning forward, especially when driving the knee upwards – do not skip.
10. **Grapevines or Karaoke** – Moving sideways, keep arms outstretched. Have the trailing leg alternately go across the front then the back. It helps to turn the head with the trailing leg (when it goes across the front, look in the direction of travel, when it goes back, look backwards). First walk this drill with deep, balanced steps and then run it with short rhythmic steps. Try to keep the upper body still while the hips rotate though 180°.

### **DWU Sequence 3 – Repeat each exercise at least 7 times**

11. **Side Bends** – Interlock the hands, spread the legs about shoulder width and lift the arms above the head. Keep the low back relaxed. Do not lift the arms so high that the low back arches. Bend to each side while exhaling. Inhale when returning to the top. Keep the body upright, keeping the shoulders and hips square. Bend forward just slightly.
12. **Butt Kicks** – Walk forward with bent elbows and flick the heel up towards the glutes. Be sure to use only the hamstrings and not the gastroc (calves) or low back – keep the pelvis in neutral. Then jog gently forward and flick the heel up on every 2<sup>nd</sup> step following the same principles. Finally do 8-12 alternating heel flicks while running easily. Again follow the same principles.

13. **Hamstring Kick Outs** – Walk forward and with slightly bent knees, kick each leg out forward alternately. Bend the upper body towards the outstretched leg. Keep the support leg bent and make sure that the back foot stays up on the toe. Kick the leg out straight forward and reach the opposite hand out towards the extended shin or foot. Keep leaning and moving forward.
  
14. **Strides/Pick Ups** – After the DWU drills, walk and or run easily for 3 minutes and then do some strides. Start with the 1<sup>st</sup> one just a little faster than your warm up. Then gradually build pace with each consecutive stride. End with a pace just faster than your expected finishing or training pace. Complete 4-10 strides of 50-200m, or 15-45 seconds. Be sure to rest sufficiently between strides. Fewer strides executed correctly is the way to go.

From Running Sports Essentials: Mobility, Potentiation, Core Strengthening, & Stretching by Bobby McGee