

## **LUNGE MATRIX WARM-UP (BEFORE EVERY RUN)**



## **DYNAMIC WARM-UP (BEFORE EVERY WORKOUT)**

- High Knee Pulls - pull toward body one leg at a time
- Toe Touches –while walking right hand to left foot, left hand to right foot; both legs straight
- Frankensteins - back and legs straight, kick each foot out to both arms that are horizontal
- Reach For The Sky - bend left leg back and hold ankle with left hand, reach up with right hand and step forward onto right toes, then switch to other side
- Scoops
- Squatty Potties
- 4 x 100 meter strides @ mile race pace or faster