

# Warm up

## Tuesday and Thursday

4 laps around the football field

### **Warm ups- 40 yards**

Acceleration  
Backwards run  
Forward skips  
Backward skips  
Karaoke quick

### **Strength- 25 yards**

Squats  
High knee hug  
Sumo squats  
Outside knee hug  
Single leg hop  
Romanian stretch  
Single leg hop  
Single Romanian  
Lunge  
Backward lunge

### **Running drills- 15 yards (speed up every 5 yards) then sprint 15 yards**

2- High knees  
2- running butt kicks  
2- A skips  
2- Straight leg  
2- Fast leg  
2- Double fast leg

### **Dynamic stretch- 10**

Back rolls  
Hurdle rolls  
Knee side to side  
Leg side to side  
Toe to hand touch on back  
Leg raise  
Scorpion  
Hurdle seat change  
Leg swing  
Fence push

### **Acceleration- 2- 100 yards**

Toes  
Heels