




## Team Warm-up & Strength Activities

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## Coaching Experiences

- SM South High School (2008-present)
  - Head TF & XC
- St. Marys High School (2001-2007)
  - Head TF & XC
- St. Thomas Aquinas (1999-2001)
  - Asst. TF & XC
- Shawnee Mission North (1999 & 2008)
  - Asst. TF
- NE Kansas Track Club (2002-2004)
- Johnson County Track Club (1999-2001)



## Why do we warm-up?

- Do you know why you have your athletes warm-up the way that they do?
- Do your athletes know why they warm up the way that they do?
- You should be able to answer these questions!



## The Purpose of our Warm-up

- Range of motion
- Flexibility
- Teach/Reinforce Muscle Memory
- Strength
- Endurance
- Injury Prevention
- Mental Preparation for Training

## Warm-up Misconceptions

- Its social time
- Its not part of the workout
- It will make me too tired
- Only the runners need it

## WHOLE TEAM WARM-UP

- This is a TEAM sport!
- Can be incorporated successfully into large teams and small teams
  - Small team - one warm up group
  - Large team - divide into smaller groups
- Identify & develop leaders among the team
- Get your coaching staff on board
- I have used a whole team warm-up since 2003
  - Teams of 14 athletes up to teams of 170+ athletes

## SM South Team Warm-up

### Boom Jog

#### Drills w/ Athlete Leader

- Skips w/ arms (30m)
  - Arms forward, backward, and lateral
- Stars (side shuffle)
  - 30m both directions
- Push-ups (x10)
- Mountain climbers (x20)
- Crunches (x15)
- Burpees (x10)
- Push-ups (x10)
- Single-Leg Hops (20m/leg)
- Crunches (x15)
- Duck Walks (20m)
- Push-ups (x10)

- Rocket Jump/Tuck Jump Combo (3x3x5 reps)
- Ankle Pops (2x30m)
- High Knee Carioca (2x30m)
- Step-overs (2x30m)
- Lunges (30m)
- Backward run (reaching)(30m)
- Short skirts (30m)
- Farmer Walk (30m)
- Dancer Kicks (30m)
- Skip & Clap (30m)
- A-skips (2x30m)
- 50m Acceleration (x2)



Go to Event Coach

## SM South Warm-up....

- We do this each day
  - May vary late in season with another routine
- We do a modified version at meets TOGETHER
  - Leaders take charge
  - Start one hour before first event
- Event groups extend the warm-up as needed
  - Ex. Sprinters/Jumpers finish w/ more specialized drills
- We changed to this Warm-up in 2016
  - Involved athletes leaders more
  - Older variations in handout

## Strength training without the weight room

- Body Weight Exercises (no added weights)
  - Squats, Lunge Squats, One-legged squats, step-ups
- Plyometric circuit
  - 15 second stations (2-3 reps)
  - Weekly during winter
  - Used in season during workouts
- **Medicine Ball Routines**
- **Bleacher/Hill workouts**
  - Run, hops, etc.
- **Box Jump Routines**
  - Winter conditioning and early season

## Core Strength

- We stress core strength at SM South
- I believe most technique issues for young track & field athletes start with core strength issues
- Usually core is done at end of workouts during cool down
  - We start practice with senior-led core short session
- Coach monitored early, athlete led later
- No specific routine, just pick from a long list of exercises
  - Planks are mandatory for us
  - Having variety helps to keep it fresh daily
  - I have included some examples in the handout
    - Thanks to Coach Stallard!

## Hurdle Mobility

- Hip flexibility can be an issue for our athletes
- We address some of it with Hurdle Mobility Exercises
  - We also use leg swing drills, hip circle drills, & mountain climbers
- Usually 2-3 times per week
- End of practice during cool down phase
- Step overs, over/unders, scissor kicks, lateral overs, lateral over/unders, etc
  - Can be varied in duration and sets

# Questions?



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## 2016 SMSTF Pre-Meet Warm-up

### 2016 Team Warm-up

Starting Points: Sprint/Jump/Hurdle Boys = Start/Finish Line

Sprint/Jump/Hurdle Girls = 300m Line

Distance Crew = 100m Start line

Throwers = Start/Finish Line - Ending at 200m Line (600m)

All Groups Jog 2 laps, increasing pace slightly each 200m (not racing)

-Exception: Throwers Jog 600m (1 1/2 laps)

### At Station with Athlete Leaders:

Skips with Arms Forward (30m)

Skips with Arms Backward (30m)

Skips with Arms Across (30m)

Stars (side shuffle) (30m each direction)

Pushups x10

4x8 (each leg) Mountain Climbers (2 sets knees inside elbow, 2 sets knees outside elbow)

Crunches x15

Burpees x10

Push ups x10

Single Leg Hop (20m each leg)

Crunches x15

Duck Walks (20m)

Push ups x10

Rocket Jump/Tuck Jump Combo (3x3 x 5 reps)

Ankle Pops x2 (30m)

High Knee Carioca (30m)

Step Over x2 (30m)

Lunges (30m)

Backward Run (reaching back) (30m)

Short Skirts (30m)

Farmer Walk (vary the cadence) (30m)

Skip & Clap (30m)

A-Skips x2 (30m)

50m Acceleration x2

### On Football Field Goal line with Athlete Leaders:

Skips with Arms Forward (30m)

Skips with Arms Backward (30m)

Skips with Arms Across (30m)

Stars (side shuffle) (30m each direction)

4x8 (each leg) Mountain Climbers

Burpees x10

Duck Walks (20m)

Push ups x10

Rocket Jump/Tuck Jump Combo (3x3 x 5 reps)

Ankle Pops x2 (30m)

High Knee Carioca (30m)

Step Over x2 (30m)

Lunges (30m)

Backward Run (reaching back) (30m)

Short Skirts (30m)

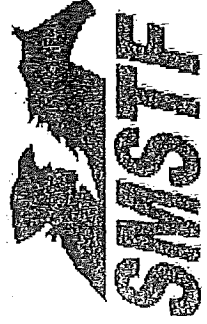
Farmer Walk (5x5) (30m)

Skip & Clap (30m)

A-Skips x2 (30m)

50m Acceleration x2

- Breakdown as a Team before dismissing
- Field Events, go to event and prepare
- Be ready to warm up prior to first event
- Go support your teammates if you can!



**Track & Field**  
**Pre-Meet Warm-up**  
Whole team together 10 minutes after arriving at meet site

Jog 1 lap  
200m jog with skips, carioca, backward run (25m x2 on all)  
Trunk Twists x 20  
Hip Circles x 15  
Arm Circles (forward, backward) x 20 each  
Back Pats x 15  
50m jog w/ skips for height (25m intervals)  
Speed skater stretch x 15 sec per leg  
Walk 50m  
Leg Swings at fence (forward, backward, lateral) x 10 each leg  
50m acceleration  
Calf/Achilles stretches x 15 sec (each leg)  
Quad Stretch x 15 sec (each leg)  
Knee lifts front and side (x10 each leg)  
Toes In jog x 25m x 2  
Toes Out jog x 25m x2  
Walk 10m on toes  
Walk 10m on heels  
Butterfly (20 sec x 2)  
Backward Run x25m x2  
25m Overstride  
Accelerate 50m  
Walk 50m

Should be started one hour before the first event begins!

This needs to be done as a team before going to individual events!!!

**Track and Field**  
**Dynamic Warm-Up**

Jog 1 lap  
200m jog with skips, carioca, backward run (25m x 2 on all)  
Trunk Twists x20  
Leg Circles x15  
Hip Circles x15  
Arm Circles (forward, backward) x 20 each  
Back Pats x 15  
100m jog w/ skips for height  
Jog 50m  
Speed skater stretch x 15 sec per leg  
Walk 50m  
Leg Swings at fence (forward, backward, lateral) x 10 each leg  
50m acceleration  
Calf/Achilles stretches x 15 sec (each leg)  
Quad Stretch x 15 sec (each leg)  
Knee lifts front and side (x10 each leg)  
25m form skips x 2  
50m acceleration  
Toes In jog x 25m x 2  
Toes Out jog x 25m x2  
Iron Cross x 10  
Back Extension Jog x 25m  
Walk 10m on toes  
Walk 10m on heels  
Ankle Pops x 10m x 2  
Butterfly (20 sec x 2)  
Fast Leg x 20m x2  
Backward Run x25m x2  
Walking Lunges x 10m x2  
25m Overstride  
Accelerate 50m  
Walk 50m  
Accelerate 50m  
Walk 50m

# SIMS Track & Field Team Warm-up

HJ pit for stretching & abs @ 3pm until Coach is ready

V-sits

Shin push & pulls

Leg Throws (forward, left, right)

Back Pats

Leg/Hip Circles (each leg/each direction)

Choice Abs

1 lap jog (Boys & throw group start at finish line)(Girls start at 300m start line)

-lap ends at 1<sup>st</sup> station for that group (see diagram)

Used by  
SM South  
2009-2015

1 lap of running form drills

-increase heart rate, warm up body, lower body coordination

-All drills will be 25m (ending at starting point)

1. Simple skip

2. skip for height

3. simple skip

4. Skip for length

5. side shuffle (face inside of track)

6. side shuffle (face outside of track)

7. Step Overs

8. ankle pops

9. toes in jog

10. toes out jog

11. Backward jog

12. Skip w/ forward arm circles

13. Skip w/ backward arm circles

14. Walking Lunges (step over knee!)

15. Carioca w/ high knee (face inside)

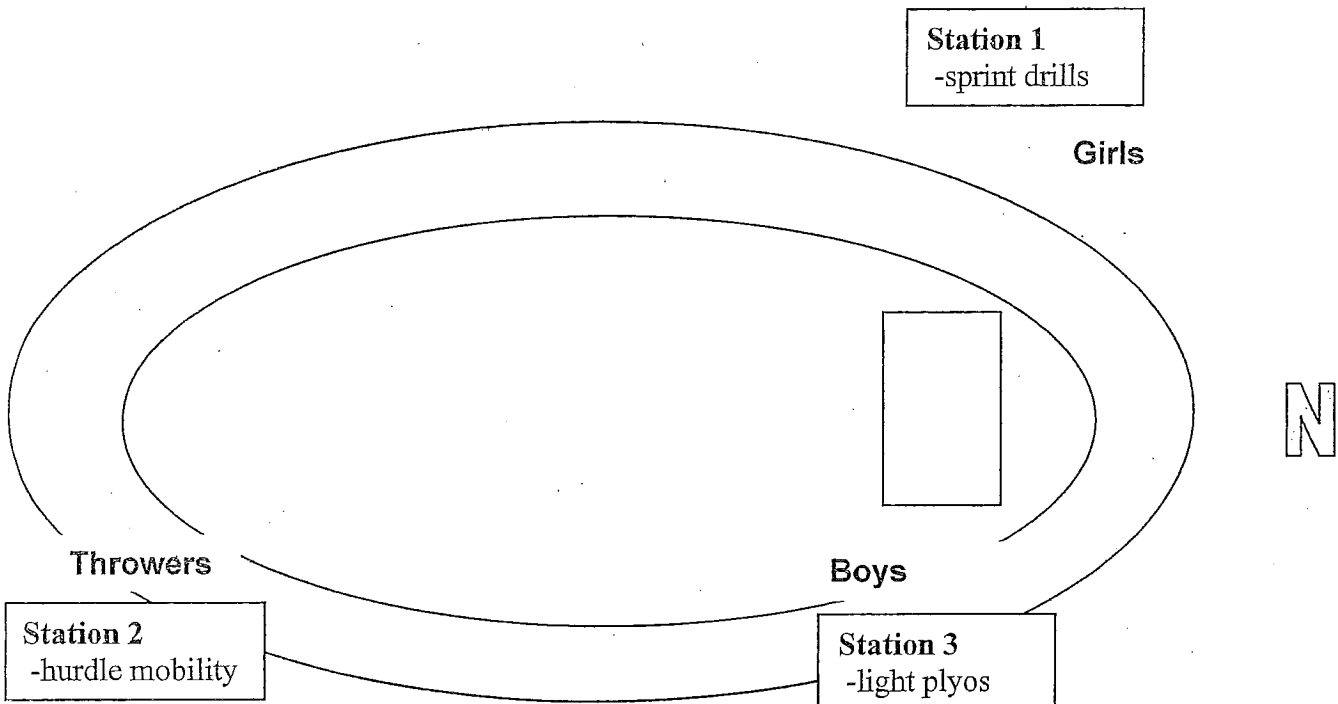
16. Carioca w/ high knee (face out)

Stations - 3 stations @ 4 minutes each (whistle will blow to switch)

Station 1 = sprint drills (A's, accels, skirts, FL, heel kicks, etc)

Station 2 = Hurdle Mobilities (overs, unders, scissors, etc.)

Station 3 = Light Plyos or Med Balls (quick hops, squat jumps, etc)  
(quick, stretch reflex type work, not high stress)



Core Exercises	
Crunches	Aquamans
Jacks & ½ Jacks	Spiderman Pushups
Chinnies	Hip Hops
Side Crunches	Muley's from plank
Planks (R,L,etc.)	Cannonballs
Bridges	Rockies
Raised Leg crunch	Side Planks
Metronomes	Side Plank dips
S.L. Hip Exten.(Bridge)	Russian Twist
Supermans	Lying Leg Raises

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