**Georgetown Warm Up Routine**

1. **Easy jog:** a total of 400 meters before practice/a total of 5 to 10 minutes before a distance race.
2. **Running drills:** Each should be 20 to 30 meters in length. Each level should increase in intensity and speed
3. Low Level skipping with arm swings

Lateral skipping with arms moving above

1. Walking knee hug with calf raise

Walking quadricep stretch with calf raise

1. Walking lunge with rotation of upper body

Frankenstein’s (soldier kicks)

1. A drill skip

B drill skip

1. High knees

Butt kicks

1. Primetimes (straight leg bounds) transition into A drill run
2. **Leg swings:** 10 each leg swinging side to side, 10 each leg swinging front to back

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