

Merton Area Running Club Warm Ups and Form Drills-7th,8th

	In-Place	Amount
Running arms	Good form cheek to cheek	3 x 10 sec
Leg Swings	Side to Side and Forward / Back	5X/Direction
Squats - Arms behind Head	Bend Knees to 90 Degrees	10X
Froggies	Feet Back/Feet to Outside of Hands	10X
Burpees - Walking	Feet Back/Feet to Hands/Jump	10X
Calf Stretch	Calf stretch - one leg at a time	10 sec each leg
Plank - Variety	Normal, One arm up, One leg up, Rotate to look at sky, elbow elbow hand hand	30 sec
Push Up	Good form	3X
Leg Raise to the side	Hands on hips, slow, controlled lateral leg lift, core engaged, fire glute	10X each leg
Leg Cycle	Hands on hips, cycle w/high knee, quick, wipe shoe bottom on ground under foot	10X each leg
	Moving in Lines	Distance
Walking run form	Walk with a running form rolling up to toe	10 Meters
Quad Stretch Walk	Take Step - Stretch Foot to Seat - Switch Leg Each Step	10 Meters
Knee Hug	Take Step - Knee to Stomach - Switch Leg Each Step	10 Meters
Leg Cradle	Grab ankle walk and knee turns out	10 Meters
Zombies	Straight leg walk	10 Meters
Lunges	Walking Lunge step with heel to seat, high knee	10 Meters
Tippy toes	Walk on balls of feet - fwd facing, out, in	10X each position
Heel walk	Walk on heels of feet - fwd facing, out, in	10X each position
Duck Walk	Squat with seat to heels and walk	10 Meters
Socks On	Heel on ground - reach down and put on sock, step forward repeat	10 Meters
	Movement, Coordination	
Slide to Right	Slide with Right Foot in Front	20 meters - jog out 10 meters
Slide to Left	Slide with Left Foot in Front	20 meters - jog out 10 meters
Carioca to Right	R Ft to Side - L Ft Behind - R Ft to Side - L Ft in Front	20 meters - jog out 10 meters
Carioca to Left	L Ft to Side- R Ft Behind - L Ft to Side - R Ft in Front	20 meters - jog out 10 meters
	Form Drills	
High Knees	Knees to 90 Degrees - Arms Swing Opposite Legs	15 meters - jog out 10 meters
Hamstring Kicks	Knees to 90 Degrees - Heels of Feet Kick Hams	15 meters - jog out 10 meters
Straight Leg Run	Stay on balls of feet - keep legs straight	15 meters - jog out 10 meters
Half stilt run with leg cycle	Stay on balls of feet - foot strike under center of mass to push	20 meters - jog out 10 meters
Toe Pops	Hopping off balls of both feet	10 meters - jog out 10 meters
Bounding	Run with long stride, focus on pushing behind	20 meters - jog out 10 meters
	Skipping Series	
Skips Forward	Skipping - Arms Swing Opposite Legs	15 meters - jog out 10 meters
Skips Backward	Backwards Skip- Arms Swing with Opposite Legs	15 meters - jog out 10 meters
A Skips	Knees to 90 Degrees - Quick	15 meters - jog out 10 meters
B Skips	A Skip but also bring leg around in more of a running cycle	15 meters - jog out 10 meters
Skip for height	Knees to 90 Degrees - Arms Swing Opposite Legs	20 meters - jog out 10 meters
Skip for distance	Knees to 90 Degrees - Arms Swing Opposite Legs	20 meters - jog out 10 meters
	Hopping Series	
Broad Jump	Lift heel to seat - reach back - slow and controlled	15 meters - jog out 10 meters
Single leg hops - continuous		10 meters - jog out 10 meters
Single leg hop - keep high knee - 1.2.3. R switch 1.2.3. L switch		15 meters - jog out 10 meters
Single leg hops - slow and controlled - as if onto a plyo box		10 meters - jog out 10 meters
	Booms	
Switch Drill	Single, Double, Triple	on command
Moving Booms 1. hold right, 1 hold left		10 meters - jog out 10 meters
Moving Booms 1.2 hold, 1.2 hold - Right knee holds up		10 meters - jog out 10 meters
Moving Booms 1.2.3. hold, 1.2.3. hold		15 meters - jog out 10 meters
	Accelerations	
Step over Calf	Good running form	2 x 50 m
Step over Knee	Good running form	2 x 50 m