

**PRE-RUN WARMUP**

**DSP PHASE 1 WEEK 1 - 2**

<b>MOVEMENTS</b>	<b>DOWN &amp; BACK</b>	<b>DISTANCE (YOUTH)</b>	<b>DISTANCE (HIGH SCHOOL)</b>
HIGH KNEES FORWARD	YES	10YDS	20YDS
HIGH KNEES SIDEWAYS	YES	10YDS	20YDS
BUTT KICKS	YES	10YDS	20YDS
SIDE SHUFFLE	YES	10YDS	20YDS
CARIOCA	YES	10YDS	20YDS
FRANKENSTIENS	MOVE FORWARD & RUN BACK	10YDS	20YDS
KNEE HUGS	MOVE FORWARD & RUN BACK	10YDS	20YDS
QUAD PULL	MOVE FORWARD & RUN BACK	10YDS	20YDS
ANKLE PULLS	MOVE FORWARD & RUN BACK	10YDS	20YDS
LUNGE & TWIST	MOVE FORWARD & RUN BACK	10YDS	20YDS
LUNGE & REACH BACK	MOVE FORWARD & RUN BACK	10YDS	20YDS
SINLGE LEG KICK BACK	MOVE FORWARD & RUN BACK	10YDS	20YDS

<b>CORE</b>	<b>SETS</b>	<b>REPS (YOUTH)</b>	<b>REPS (HIGH SCHOOL)</b>
PLANKS	2 OR 3	30 SECONDS	50 SECONDS - 1 MINUTE 10 SECONDS
SIDE PLANKS	2 OR 3	30 SECONDS	50 SECONDS - 1 MINUTE 10 SECONDS
BACK BRIDGE	2 OR 3	30 SECONDS	50 SECONDS - 1 MINUTE 10 SECONDS
AQUAMAN	2 OR 3	15X	MIN. 30X

<b>JUMPING</b>	<b>SETS</b>	<b>REPS (YOUTH)</b>	<b>REPS (HIGH SCHOOL)</b>
TUCK JUMPS	3 OR 5	5YDS	10YDS

<b>FOOTWORK</b>	<b>SETS</b>	<b>REPS (YOUTH)</b>	<b>REPS (HIGH SCHOOL)</b>
LATERAL HURDLE DRILL	3 OR 5	STARTING ON THE RIGHT STARTING ON THE LEFT	STARTING ON THE RIGHT STARTING ON THE LEFT