

## **Langley Mustangs Track & Field Meet Warm-up**

Here are some ideas for a warm-up before your events at a track meet. This will help you to warm up before your event so you'll perform to your full potential !

### **Stage One – Getting the muscles warm - continuous activity for 5 to 10 minutes**

*Jogging (suggestions): Do one of the following*

- 1-2 slow laps
- Run lines on the infield
- Jogging on the spot
- Short cross country run around fields

### **Stage Two – Moving all the joints – rhythm and mobility drills for 5 minutes**

*Mobility drill suggestions: 2 repetitions each exercise over 10-15 metres*

- ABC's
- Forward skip arm swings
- Side shuffles
- Walking lunges
- German marching
- Russians

### **Stage Three – Stretching with movement - dynamic stretching upper to lower body**

- Head tilts
- Shoulder rotations
- Arm swings
- Trunk rotations
- Good mornings
- Squats
- Leg Swings
- Ankle rotation

### **Stage Four – Static stretches - hold 5 to 10 seconds each stretch**

- Quads
- Hamstrings
- Groins
- Calves

### **Stage Five – Getting ready to run- “the need for speed”**

- Short sprint repetitions (e.g. 3-4 times over 30m) **or**
- Accelerations (start with a slow jog and increase to a sprint; 3-4 times)

\* Don't forget to cool down with a slow jog and gentle stretching after competing.

\*\* You may need to repeat any part of this warmup or even all of it between events!