

## Track and Field

### Dynamic Warm-up

Dynamic Warm-up – What is it and why is it important?

The dynamic warm up is the modern method for warming up our bodies to the athletic response that we are requesting.

Dynamic stretching performs the function of warming up our body that static stretching does not. Dynamic stretching or warm-ups increase heart rate, body temperature and range of motion. Dynamic warm-ups prepare the body to fire and react, contrary to the stretch and hold of a static warm up.

Let's get STARTED!!

Dynamic warm-up should last 10-20 minutes. Begin with a 600m jog, skip or rapid walk. The athlete should expect to start to feel that internal heat or break a sweat throughout the warm-up.

### Warm-up Exercises

Heel Walk – 2 x 30m

Focus should be on lengthening the gastrocnemius and soleus and balance.

Toe Walk – 2 x 30m

Focus should be on ankle motion, balance, posture.

Windmills – 2 x 10 circles

Start small and increase the range – correct posture is important.

Straight Leg Kicks – 2 x 30m

Stand tall, kicking each leg forward and high

Lunges – 2 x 30m

Focus on keeping the knee behind the ankle, thigh parallel with floor, head up.

High Knees – 2 x 30m

Hip flexion, drive the knee as high as possible keeping proper sprinting form

Ankle pops – 2 x 30m

Up on toes, pushing off the foot in a jogging motion

Hamstring – 2 x 30m

Focus on hamstring, glute, core and balance. Alternate lifting leg – athlete can reach in front or touch the ground.

Time spent in dynamic warm-ups should be focused on the task at hand and the events that we are training for.