



## 2023 Liberty Cross Country Summer Training

### Dynamic Warm Up Routine

#### PART 1 - MOVEMENT

Skips w/ forward arm swings	Skips w/ backward arm swings	Skips w/ arm crossing swings	Skip with 360 twist	Backward walk w/ reach	Backward skips
Butt Kicks	Side Shuffles	Side Shuffles with jumping jack	Carioca	Single leg quick skip	Quick Skip

**\*All movements to be done in 20 meter intervals**

#### PART 2 - STATIONARY

Leg Swings - Side to Side	Leg Swings - Front to Back	Hurdle - Trail Leg Forward
Hurdle - Trail Leg Backward	Eagles (Opposite foot to opposite hand)	Side Bends

**\*8 Reps each leg or side**

#### PART 3 - SPRINT MECHANICS

A March	A Skip	B March
B Skip	Ankle Dribbles	Walk Recovery

**\*All movements to be done in 20 meter intervals**

See YouTube video titled The Best Dynamic Warm Up for Runners: Including A-Skip, B-Skip, Leg Swings, and Thoracic Mobility