

Track Warm Up Drills

- * High Knee Stretches / High Knees
- * High Knee Skips / Butt Kicks
- * Walking Toe Touches / Heel Walks
- * Side to Side Bounds / Straight Bounds
- * Toe Walks / Grave Diggers
- * Walking lunges w/ side twist / Walking backward lunges w/hop up
- * Side Lunge / Bird Feeders
- * Open the Gate / Close the Gate (w/skip hop between)
- * Walking Quad Stretch / Walking Hamstring Stretch
- * Skip w/Arm Circle Forward / Skip w/Arm Circle Backward
- * Skip for Distance / Long Jump Leaps
- * Right leg hops / Left leg hops
- * Little Flutter Kicks / Big Flutter Kicks
- * Side Shuffle w/ Arm Swing (both sides)
- * Carioca (face same direction both ways)