

Speed Program Warmup (Week 1 - Day 0)

Notebook: Boomstix Athletics (Speed Program)

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WARM UP

Prepare to Sprint

Complete the Following Warm up before performing any sprinting activities.

General Warm up:

1. Jog 50 yards
2. Run Backwards 50 yards
3. Repeat x2.

Specific Warm up:

(*each exercise is followed by a 50yd jog. Walk back to start)

1. (10) Squats
2. (10) Mountain Climbers (each leg)
3. (10) Walking Lunges (each leg)
4. (10) Side Lunges (each leg)
5. (10) Speed Skaters (each leg)
6. (10) Pogo Jumps
7. (10) Star Jumps

Specific Stretches:

(*each exercise should be controlled and result in a *mild* stretch)

1. (10) Hurdler Stretch (each leg)
2. (10) Iron Crosses (each leg)
3. (10) Scorpions (each leg)
4. (10) Inverted Scissor Kicks (each leg)
5. (10) Inverted Bicycle (each leg)
6. (10) Leg Swings - Front to Back, Side to Side (each leg)

A-Series Warm up:

1. (10yd) Forward A-Series
2. (10yd) Backward A-Series
3. (10yd) Lateral A-Series
4. (10yd) A-Series Skips
5. (10yd) A-Series Run

