

Rams Cross Country Warm-up

Easy Run Drills

- 5 Way Lunge Matrix
- Knee Hugs
- Flamingo (quad stretch)
- Ankle to hip
- Swooshies
- Fwd Walk Close Barn Door
- Backwards Walk Open Barn Door
- Fwd Leg Kicks
- Backward Leg Kicks
- Leg Swings (fwd/back, side to side)

Others to add if time:

- Side Lunges
- Worlds Perfect Stretch
- Heel Walks
- Toe Walks

Workout/Race Day Drills

- Knee Hugs
- Flamingo (quad stretch)
- Ankle to hip
- Swooshies
- Fwd Leg Kicks
- Backward leg kicks
- High Knees
- Butt Kicks
- Cycle Drill
- Skipping A's
- Skipping B's
- Side Shuffle (both ways)
- Karaoke (both ways)
- Leg Swings at Fence (fwd/back, side to side)
- 4-8 strides

Others to add if time:

- Straight Leg Runs (ankles)
- Backward Runner
- A-skips for height or distance
- C-Skips
- 2 feet or 1 foot bunny hops
- 2 feet jumps for distance

Stretches

- Ankle rolls
- Cross legs/ bend over (hamstrings)
- Quad stretch (leg curl)
- Inverted Hurdles (with partner)
- **Hurdles:** 10 repetitions of both Hurdle rolls (back and front)
- Butterfly
- Seated Quad Stretch
- 'Z' Stretch
- Back twist/pretzel
- Arm circles (small)
- Bear Hug
- Overhead triceps
- Knee/Leg hug