

# 2022 Herriman XC/Track Practice Warm-up

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## Warm-Up – 15-20 minutes

1. 1200m: (Track)
  - o Lap 1 warm up pace
  - o Lap 2 stride the straight-aways
  - o Lap 3 accelerate pace – finish with 200 at LT pace
2. Leg and Hip Swings – 10 front – 10 side (each leg)

Each drill is 20 meters in length and finish with a 20 meter stride back to start

3. High knees
4. Butt Kickers
5. "A" Skips
6. "B" Skips
7. Toe "Russian" Skip
8. Lunges
9. Ankle Walks
- 11. Speed Ladder Drills\***
12. Carioca (left and right)
13. 4x60m accelerations
- 14. HIIT (on HIIT days only)**