

# **SIMSBURY CROSS COUNTRY**

## **Dynamic Warm-Up Routine**

1. **Light jog** 10-15min
2. **Shoulder stretch**—Start with both arms at shoulder height hands in front of chest and bring elbows back in a series of light bounces pushing the shoulder blades closer together.
3. **Criss-Cross Arms**—Start with arms out-stretched and bring arms across chest wrapping arms around torso. Alternate arms above and below each other and attempt to move arms further on each successive “wrap”.
4. **Trunk Twists R & L**—Begin with body erect and feet about shoulder-width apart. Twist upper torso left and then right. Repeat about 10 times twisting a bit further on each turn.
5. **Bend and Reach**—Feet should be fairly close together as you bend over keeping your knees straight. In a series of light bounces, reach down trying to reach the ground (or shoe tops). After about 5-6 bounces straighten up and repeat.
6. **Quad Stretch**—Using your right hand reach and holding your left foot bent behind your back, lightly pull your leg 5-6 times (pulsating format) so that your foot/heel is pushing into your buttocks. You should feel the stretch in your left front thigh. Repeat with right leg and left hand. Repeat both legs
7. **Gastroc (Calf) Stretch**—Standing with one foot ahead of the other and maintaining the front foot flat on the ground, and knee straight, lean forward until you feel a gentle tug in back of your lower leg. Lightly bounce 6-8 times forward in a series of small bounces stretching the musculature. Now break the knee and repeat maintaining foot flat on ground. Repeat with opposite leg.
8. **Groin Stretch**—Standing with feet about shoulder-width apart, toes pointing slightly outward and heels FLAT on ground squat down while keeping back flat. Lightly bounce down attempting to bring your buttocks and groin as low as possible.
9. **Toe Walks**—Walk on tiptoes without letting your heels touch the ground for approximately 10-15 meters.
  - a. Toes straight
  - b. Toes pointed out
  - c. Toes pointed in
10. **Heel walks**—Walk forward with your heels on the ground and toes up in the air for about 10-15 meters. Repeat
11. **Ankle Pops**—Bounce up off ground with knees slightly bent. Do NOT point toes to ground, as force should come from ankles not feet.
12. **Walking lunges**—Take an exaggerated step forward so that your rear knee touches the ground while your shoulders, torso, hips all are pointing forward. Your front thigh should be level with the ground and your front knee should NOT extend beyond your toes.
13. **Side-slide/skip/shuffle**—Bend your knees slightly with legs about shoulder-width apart. Push off your left leg, stepping laterally with your right foot, then slide your left leg back to its original position (about shoulder-width apart from your right leg). Repeat for 10-15 meters and reverse direction pushing off your right leg.
14. **Carioca**—Moving laterally to your left, cross your right in front of your left, then step with your left, then cross your right behind your left and repeat for 10-15 meters. Repeat in opposite direction. Aim for as much hip rotation as possible with quick light movements.
15. **Rhythm Skipping**—Bounce lightly on toes/balls of feet in a skipping fashion for 15-25 meters and back. Coordinate your arm motion and aim for a steady rhythm.