

# Liberty High School

## WARM-UP/COOL DOWN DRILLS/SCHEDULE

### Static Stretches: In the Auxilliary Gym.

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| <ol style="list-style-type: none"> <li>1. Arm Swings (Front, Back and Side)</li> <li>2. Quadriceps</li> <li>3. Legs Apart (Right/Left/Middle)</li> <li>4. Groin Stretch (lean Left/Right/Middle)</li> <li>5. Hio Flexor w/Twist + Hamstring (Left/Right)</li> </ol> | <ol style="list-style-type: none"> <li>6. Calf Stretches (Right/Left)</li> <li>7. Seated Legs Apart (Left/Right/Middle)</li> <li>8. Butterflies</li> <li>9. Beauty Queens</li> <li>10. Lav on side Quadriceps Stretch</li> </ol> |
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### 2 Laps Warm-up (4 Laps Warm-up on LONG Warm-up Day)

#### 1st Pass

- 10 yards – Tuck Jumps
- 30 yards – Toe Jogs: Regular
- 30 yards – Toe Jogs: In
- 30 yards – Toe Jogs: Out

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#### 2nd Pass

- 30 yards – Russian March
- 30 yards – Jog Four (4), Knee Up, Knee Out (left & right side)
- 30 yards – Ankle Flips (snap foot to ground: flat foot)
- 10 yards – One Leg Bound (RIGHT)

#### 3rd Pass

- 10 yards – One Leg Bound (LEFT)
- 30 yards – Backward Jacks
- 30 yards – Backward Ankle Flips (snap foot to ground: flat foot)
- 30 yards – Skip Backwards

#### 4th Pass

- 30 yards – High Knees
- 30 yards – Butt Kicks
- 30 yards – High Skips
- 10 yards – Star Jump

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#### 5th Pass

- 10 yards – Frog Jumps
- 30 yards – Karaoke w/Straight Arms Up
- 30 yards – High Sideways Shuffle circling arms in and out
- 30 yards – Run Backwards w/heels up

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#### 6th Pass

- 30 yards – Clap Jacks
- 30 yards – Crazy Arms
- 30 yards – Skip 3 and Spin 2
- 10 yards – Knee Hug w/Lunges

#### 7th Pass

- 50 yards – Jumping Jacks w/Run Out
- 50 yards – Jumping Jacks w/Run Out

#### 8th Pass

- 50 yards – Tuck Jumps w/Run Out
- 50 yards – Tuck Jumps w/Run Out

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#### 9th Pass

- 100 yards -- Build Up

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#### 10th Pass

- 100 yards Race WALK

### COMPLETE THE WORKOUT SCHEDULED FOR THE DAY

### 2 Laps Cool Down (4 Laps Cool Down on LONG Warm-up Day)

✓ = Pre-Meet Warmup