

Active Multi-Stage Warm-up

The workout begins with the warm-up! It sets the tempo for the workout to follow. It is the bridge from normal daily activities to actual training. Physiologically the main goal is neural activation. From a psychological perspective the warm-up should almost be a ritual. The warm-up is "active" not continuous. It should build progressively in intensity into the workout. There is a great emphasis on mobility not on static flexibility. Flexibility is trained as a separate training unit, preferably after the workout. See the Warm-up and Preparation video tape

1) Mini Band Routine (Band above ankles)

Sidestep Walk - Forward/Back Carioca Monster Walk

2) Balance & Stability

Single Leg Squat (Hold each position five counts)

Straight Ahead Side Rotation

Balance Shift

Forward Side Back

3) Basic Core – Walking Forward & Back (3 Kg Med Ball)

Wide Rotation x 20 Tight Rotation x 20 Side to Side x 20

Chop to Knee x 20 Figure 8 x 20

4) Multi Dimensional Stretch

Lunge & Reach Series (2 reps in each plane – Forward/Side/Rotational)

Reach Up Reach Out & Down Reach Across

5) Crawls

Jack Knife Crawl x 5 Creepy Crawl x 5

5) Hip Mobility (Five Hurdles)

Hurdle Walks – Over Hurdle Walks – Under

6) Active Stretch (No more than two minutes)

Calf Hamstrings Psoas Lats Pecs

7) Coordination (All @ 30 meters x 2)

Skip

Crossover Skip

Side Step

Carioca

Backward Run

High Skip

High Skip with Rotation

7) Accelerations

4 - 6 x 30 meters