**Dynamic Warmup**

1. Ankle mobility (Heel circles, side to side rock, front to back rock0
2. Scoop to run
3. Hip cradle with calf raise (Up leg foot is dorsi-flexed)
4. Frankenstein
5. Quad stretch with calf raise
6. Hip swings (Side to side, Front to Back, work on ball of the foot that is on the ground)
7. Calf stretch
8. Side to side lung with hip stretch (Feet stays flat on side lunges, Hips forward thrust at up position)
9. Forward lunge with ham stretch to inward/outward twist
10. Skips (Forward, sideways, Backwards)
11. Calf Bounce (Dorsi-flexed/Plantar-flexed)
12. Arm swings (Different directions)
13. Arm mechanics (Cheek to Cheek)
14. Heel recovery (Butt Kicks)
15. Super Skips (Heel recovery skips)
16. Ankle dribble/ Low-Medium-High @30m (Each progressively faster)
17. A-Runs 3x30m ( Power runs focused on ground force)
18. A Skips (Heel recovery first into skip)

**Supplements 2 days a week (Tuesday/Thursday**

Tuesday:

1. Hop twists ( Forward and backwards, legs straight and knees locked)
2. Bench Runs
3. Bent knee switches (Thigh Pops)2x30m
4. Bent knee bounds to run 2x30m
5. Accelerations (Rolling starts, falling starts, skip in to run, 3 point, push up, reverse sit to run) 2-3x30m

Thursday:

1. Boom Booms 3x10 each leg w/resistance band
2. Single leg cycle ( High knees Continuous)
3. Single leg fast leg (High knee) 2x30m each side
4. Straight leg bounds
5. Band thigh pops(positive speed)