

# Merton Area Running Club Warm-ups

In-Place/Lines	Description	Amount
Bent Over Trunk Twists	Touch Opposite Toes	5X/Direction
Wood Chopper	Hands above head swing down between legs	5 X
Knee to elbow	bring knee to opposite elbow	5X/Direction
Tippy bird	balance on one leg, reach forward and back	5X/Direction
Karate Kick	slow leg lift and extend to side	5X/Direction
Squats - Arms behind Head	Bend Knees to 90 Degrees	10X
Donkeys	Feet to seat	
Froggies	Feet Back/Feet to Outside of Hands	10X
Burpees	Feet Back/Feet to Hands/Jump	10X
Iron Cross	Laying on Back/Arms to Side - Feet to Opp Hand	5X/Direction
Scorpions	Laying on Stomach/Arms to Side - Feet to Opp Hand	5X/Direction
Plank - Variety	Normal, One arm up, One leg up, Rotate to look at sky, elbow elbow hand hand	30 sec
Dog leg circles	on hands and knees - circle leg around	5X/Direction
Running arms on one knee	Eye socket to back pocket	on command
Moving In Lines	Description	Distance
Walking run form	Walk with a running form rolling up to toe	10 Meters
Zombies	Straight leg walk	10 Meters
Quad Stretch Walk	Take Step - Stretch Foot to Seat - Switch Leg Each Step	10 Meters
Knee Hug	Take Step - Knee to Stomach - Switch Leg Each Step	10 Meters
Lunges	Walking Lunge step	10 Meters
Side Lunge & switch	Lunge step to side - continue that side 5M, switch sides for 5	5M / 5 M
Tippy toes	Walk on balls of feet - never touching ground with heel	10 Meters
Heel walk	Walk on heels of feet - never touching ground with balls	10 Meters
Spiderman	Crawl hands out, big step to hands, crawl hands out, big step to ha	10 Meters
Inchworm	Walk hands out, walk feet to hands, walk hands out, walk feet to h	10 Meters
Socks on	Heel on ground - reach down and put on sock, step forward repeat	10 Meters
Leg Cradle	Grab ankle walk and knee turns out	10 Meters
1/2 Speed Build-up	Good Running Form Half Speed- Down and Back	50 meters
Slide to Right	Slide with Right Foot in Front	20 Meters
Slide to Left	Slide with Left Foot in Front	20 Meters
Carioca to Right	R Ft to Side - L Ft Behind - R Ft to Side - L Ft in Front	20 Meters
Carioca to Left	L Ft to Side- R Ft Behind - L Ft to Side - R Ft in Front	20 Meters
3/4 Speed Build-up	Good Running Form to 3/4 speed - Down and Back	50 Meters
High Knees	Knees to 90 Degrees - Arms Swing Opposite Legs	20 Meters
Hamstring Kicks	Knees to 90 Degrees - Heels of Feet Kick Hams	20 Meters
Skips Forward	Skipping - Arms Swing Opposite Legs	20 Meters
Skips Backward	Backwards Skip- Arms Swing with Opposite Legs	20 Meters
Skips Sideways	Side Skipping without crossing over - down facing right, back facin	20 Meters
Full Speed Build Up	Good running form to full speed	50 Meters
Run Backward	Lift heel to seat - reach back	20 Meters
Quickies	Quick ankling - heel to toe quick feet	20 Meters
A Skips	Knees to 90 Degrees - Quick	20 Meters
Power Skips	Knees to 90 Degrees - Arms Swing Opposite Legs	20 Meters
100 M Acceleration	Build up speed for 100 meters	100 Meters
Calf Stretch	Calf stretch - on e leg at a time	in place