



# Blue Wave Warm Up

## **Warm Up:**

1. 1200m warm up pace run on track

## **Each Drill is 25 meters in length:**

2. Cherry Pickers
3. High Knees
4. Butt Kicks
5. Glute stretch (hold shins)
6. Walking Leg Swings
7. Can Openers
8. Lunges

## **Drills on turf:**

9. Donkey Kicks
10. Scorpions
11. Iron Cross
12. Lower Body Crawl
13. Fence Leg Swings
  
14. 2x80m strides