

800 meter jog

The remainder of the warm-up should take about 10 minutes; no "rest sessions" between drills.

http://inside.nike.com/blogs/nikerunning_training-en_US/2009/06/23/coach-jays-general-strength-videos

Lunge Series - All "in place"

Front Lunge 5/leg

Front Lunge w/ Twist 5/leg

Side Lunge 5/leg

Back to the Side Lunge 5/leg

Back Lunge 5/leg

Skips/form work - make sure you use your arms

"A" skips 20 yds

"B" skips 20 yds

High knees 20 yds

Butt-kicks 20 yds (heel goes to butt with knee/quad coming forward & up)

Back Routine

Opposite Arm, Opposite Leg 10 reps

Prone Double Arm Raise 10 reps

Prone Straight Leg Lift 10 reps/leg

In-n-Outs (on stomach/arms swing) 30 reps

Back Rounders (crunches) 10 reps hold crunch 2 sec

Catback, Swayback 10 reps

Pedestal Routine

Prone Hand Stand (pushup position) hold for 30 sec

Supine Hand Stand ("backward pushup) hold for 30 sec

20 pushups

20 situps

Myrtl Drills

Hurdle Trail Leg, Forward 10 reps/leg

Hurdle Trail Leg, Backward 10 reps/leg

Linear Leg Swing front/back 10 reps/leg

Lateral Leg Swing 10 reps/leg

10X20 yds strides

Research indicates that "... a heavy warm-up recruits more motor units to start with, which slows down the rate of fatigue ..."