

Building a warm up session – from general to specific

Warm up activity	General mobility/ flexibility	Balance/ coordination	Increase heart rate/ body temp	Progression for speed interval session	Progression for endurance/ undulating session	Progression for steep uphill interval session	Progression for XC/ trail or downhill interval session
Walk	L	L	L	L	L	L	L
Slow jog	M	L	M	L	M	L	L
Arms in/out/ up/down	H	L	L	L	L	L	L
Shoulder shrugs	H	L	L	L	L	L	L
Back slapping	H	L	M	L	L	L	L
Arms circle one way & other	H	M	M	L	L	L	L
Standing ankle rotations	H	M	L	L	L	M	M
Standing leg swings (bent leg, fwd/back)	H	M	L	L	L	L	L
Dynamic calf stretch leaning against wall- VIDEO #6, 7	H	L	L	M	M	M	M
Walking on toes VIDEO #2, /toes & push off	H	H	L	M	M	M	M
Walking on heels (arms out) – fwd & bkwd VIDEO #1	H	H	L	M	M	M	M
Feet hip width touching toes	H	M	M	L	L	L	L
Feet wide touching opposite toes	H	M	M	L	L	L	M
Single foot jumping VIDEO #13/ hopping	H	H	H	M	M	M	M
Hopscotch VIDEO #14	H	M	H	L	L	L	H
Jump side to side	H	H	H	L	L	L	H
Move to star points by partner's random calls VIDEO #11	H	H	H	L	L	L	H
Squats	H	M	L	L	L	L	L
Squat + high reaches	H	M	M	M	M	M	M
Lunges / walking lunges	H	H	M	H	H	M	M
Lunges / elbows to opposite knees	H	H	M	H	H	M	M
Standing fast feet	M	M	H	H	M	H	M
Standing fast feet adding high knees and pumping arms	H	H	H	H	M	H	M
Heel flicks (bum kicks)	H	H	M	M	M	M	M
Skipping VIDEO #8	H	H	H	H	H	H	H
Skipping + high knees	H	H	H	H	M	H	M
Bounding	H	H	H	H	M	H	M
Bounding + high knees	H	H	H	H	M	H	M
Strides	H	M	H	H	H	M	M
Carioce	M	H	M	L	L	L	H

