

Dynamic Flexibility (DFLX) – Drills Sequence (DR)

Over the years most of us have heard coaches tell us to hold your stretch for 30 seconds. Recently research has indicated that long – hold static stretching may inhibit the muscles stretch receptors. With this being said using a Dynamic Flexibility routine will produce a more productive warm-up. We also couple this with drills that help with your foot strike leg drive and general running mechanics. The following sequence should be preformed pre-practice and meet. Be patient it will take some time to learn these new movements – proper execution is preferred over speed. Working into this slowly over time will deliver a productive warm up. This sequence includes 10 – DFLX, 9 – DR and 900-1800 meters of running.

1. Jog .25 - .5 mile
2. Active Hamstring Stretch (DFLX)
3. stride 50-100m
4. Cat Camel (DFLX)
5. stride 50-100m
6. Eagles (DFLX)
7. stride 50-100m
8. Hurdle Seat Exchange (DFLX)
9. stride 50-100m
10. Fire Hydrant / Hip Circles (DFLX)
11. stride 50-100m
12. Skip Squats (DFLX)
13. Scissors (DFLX)
14. stride 50-100m
15. Fast Leg (DR)
16. A – Walk (DR)
17. A – Skip (DR)
18. stride 50-100m
19. Ankle Circles (DFLX)
20. B- Skip (DR)
21. stride 50-100m
22. Calf Stretch (DFLEX)
23. stride 50-100m
24. Short Pulls (DR)
25. Retro (DR)
26. stride 50-100m
27. Regular Karaoke – one direction (DR)
28. High Knee Karaoke – 2 directions (DR)
29. Butt Kicks (DR)
30. Leg Swings (DFLX)

