

UNIVERSITY OF WISCONSIN-WHITEWATER TRACK & FIELD

WARMUPS

COMET

1. Jog 50m Forward
2. Jog 50m Backward
3. Jog 50m w/ Arm Circles Forward
4. Jog 50m Zig Zags
5. Jog 50m w/ Arm Circles Backward
6. 1 x 50m Buildup
7. 1 x 50m Walk
8. 1 x 50m Buildup
9. Skipping 50m Forward
10. Skipping 50m Backward
11. A's x 50m
12. Carioca x 50m (Right)
13. Carioca x 50m (Left)
14. Ankle Hops X 50m (25m Forward, 25m Backwards)
15. Knee Walk x 50m (25m Knee to Chest, 25m Knee to Shoulder)
16. 1 x 50m Acceleration
17. 1 x 50m Walk
18. 1 x 50m Acceleration
19. Individual Stretching (4-5 min.)

LANCER

1. 1 x 25m Jog Forward
2. 1 x 25m Walk
3. 1 x 25m Jog Forward
4. 1 x 25m Skip -Arm Swing Forward
5. 1 x 25m Skip -Arm Swing Backward
6. 1 x 25m Side Shuffle (Right)
7. 1 x 25m Side Shuffle (Left)
8. 1 x 25m Skip w/ Clap
9. 1 x 25m Carioca (Right)
10. 1 x 25m Carioca (Left)
11. 1 x 25m A Skip
12. 1 x 25m Jog Backward
13. 1 x 25m Walk
14. 1 x 25m Jog Backward
15. 1 x 25m Lunge Walk
16. 1 x 25m Speedskater
17. 1 x 25m Rockettes (Right)
18. 1 x 25m Rockettes (Left)
19. 1 x 25m Knee to Chest
20. 1 x 25m Knee to Elbow
21. 1 x 25m Knee to Shoulder
22. 1 x 25m Straight Leg Bound
23. 1 x 25m Fast Leg
24. 2 x 25m Accelerations
25. Individual Stretching (4-5 min.)

TIGER

1. Jog 2 X 50m Forward
2. Jog 2 x 50m Backward
3. 2 x 50m Carioca (R, L)
4. 2 x 50m Side Shuffle (R, L)
5. 1 x 50m Knee Walk (Knee to Chest, Knee to Elbow, Knee to Shoulder)
6. 1 x 50m Speedskaters
7. 1 x 50m Ankle Hops (F, B)
8. 1 x 50m A Skip
9. 4 x 50m Buildups, 50m walk back
10. 4 x 50m Accelerations
11. Individual Stretching (4-5 min.)

FLASH

1. 1 x 50m Jog Forward
2. 1 x 50m Jog Backward
3. 1 x 50m Jog w/ 3pt. Start every 15m
4. 1 x 50m Kick Ups (touch toes)
5. 1 x 50m Skip -Arm Swing Forward
6. 1 x 50m Skip -Arm Swing Backward
7. 1 x 50m A Skips
8. 1 x 50m Butt Kicks
9. 1 x 50m Carioca (Right)
10. 1 x 50m Carioca (Left)
11. 1 x 50m Slow Shuffle (R, L)
12. 1 x 50m Jog Backward
13. 1 x 50m Jog Forward
14. 2 x 50m Accelerations
15. Individual Stretching (4-5 min.)

BULLDOG

1. 2 X 25m Jog
2. 1 x 25m Lunge Forward
3. 1 x 25m Lunge Backward
4. 1 x 25m Skip Forward
5. 1 x 25m Skip Backward
6. 1 x 25m Gallup (Right)
7. 1 x 25m Gallup (Left)
8. 2 x 25m Falling Start
9. 2 x 25m Push Up Start
10. 2 x 25m 3 pt. Start
11. 2 x 25m Jog
12. 1 x 25m Lunge Forward
13. 1 x 25m Lunge Backward
14. 1 x 25m Skip Forward
15. 1 x 25m Skip Backward
16. 1 x 25m Gallup (Right)
17. 1 x 25m Gallup (Left)
18. 2 x 25m Falling Start
19. 2 x 25m Push Up Start
20. 2 x 25m 3 pt. Start
21. Partner Hamstring Stretch
22. Partner Straddle Stretch (middle, left, right)
23. 10 x leg swings (side to side, front, & back, figure 8)
24. Individual Stretching (4-5 min.)