

Dynamic Stretching Routine – (works on running form and warmup)

- Time: 10-15 minutes
- Distance: about 50 feet (imagine the half court length of a basketball court)
- Go through 2-3 times before workout



3. Foot Walks (½ way toe walks, ½ way heel walks)

4. Ankle Walks (ankle circles – alternating)

5. A-Skip – (Skip/Hop with arms, knee at 90 degree angles)

<https://www.youtube.com/watch?v= MCDR-luwHU>

6. Straight Leg running (both legs straight) – flex toe up – don't bend knees <https://www.youtube.com/watch?v=g1Wb9DbbO1g>

7. Walking Quad Stretch – <https://www.youtube.com/watch?v=yjllII-tA9U>

8. Carioca - <https://www.youtube.com/watch?v=4n6SSp4T6Hs>



9. Knee to Chest

10. Frankenstein -

