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## Sports Conditioning Warm Up and Cool Down = 1Hr. 15 Mins.

**NB:** (20m = 1 step per Metre. = 20 reps. X 4 Sets = 4 times through)

All drills are done in an avenues Set Up (20m Long) and all drill exercises are to be repeated 4 times through. Start walking through avenues at a steady pace, walk around outside, and back to starting position. After 2 laps start Mobilization lower to upper.

- 1<sup>st</sup> walk through avenues rising on to toes to mobilize ankle joint.
- 2<sup>nd</sup> Walk through avenue placing hands over bottom kick heels to hands to mobilize knee joints (butt kicks).
- 3<sup>rd</sup> Place hands level with waist; raise knees to hands to mobilize hip joint, still walking through the avenue.(knee raises)
- 4<sup>th</sup> Whilst walking through avenue, place hands on shoulders and move elbows in circular motion mobilizing shoulders, continue with arm circles.
- 5<sup>th</sup> Walking through the avenue, turn the head looking left and right to mobilize cervical vertebrae.

Do all mobilization exercises twice through. Commence sprinting through avenues and walking back to warm up muscles before active stretches.

- Dynamic Hamstring Stretch-Walking Kicks.( Dorsi Flex ankle for calf stretch )
- Hips and Quadriceps-walking lunges.
- Pectorials, Trapezius & Rhomboids-swinging arm crossovers
- Latisimus Dorsi-single arm raise.
- Deltoids-arm across body

Do all stretches walking through avenue twice each. Sprint and jog back X 4 for pulse raise before commencing drills.

## **Add Choice of Drill**

Slowly slow pulse rate at end of session to (**65% MHR eg. Sprint, jog, walk**)

Static Passive Developmental Stretches to be performed at end of sessions for.

- Gastrocnemius/Soleus (calf)
- Hamstrings
- Quadriceps
- Hip Flexors
- Latisimus Dorsi
- Trapezius
- Deltoids
- Pectorials.

Hold Stretches for 30 to 45 secs.

**Warm Up and Cool Down should take aprox. 20-25mins each including stretches**