

## MRA Run Club Warmup Routine

Each warmup exercise should be done once, for 20 meters at a time.

Forward Arm Circles  
Backward Arm Circle  
Cross-body Arm Swings  
Hands together Arm Swings (swinging up-down)  
Side Gallop left side leading  
Side Gallop Right side leading (make sure to face the same way as above)  
Karaoke / grape vine  
Karaoke / grape vine (face the same way as before)  
Knee hugs (every 3<sup>rd</sup> step)  
Knee pulls (every 3<sup>rd</sup> step)  
Legs Sweeps (every 3<sup>rd</sup> step)  
Legs kicks – kick to opposite hand (every 3<sup>rd</sup> step)

### **Leg Swings against wall as followed:**

Left leg across body (facing wall)  
Right Leg across body (facing wall)  
Left leg kicks (parallel to wall)  
Right leg kicks (parallel to wall)

A-March / A-Skip (high knees)  
B-March / B-Skip (high knees with leg snap)  
C-March (buttkicks)

3x40m accelerations (first 10m is fast high knee motion)