

# DYNAMIC WARM-UP ROUTINE FOR RUNNERS

**Note: Every dynamic warm-up drill name can be clicked to view a video demonstration.**

## General Warm-Up

Note: Complete 10-20 repetitions of each drill. Increase the number of repetitions as needed to fit your needs.

- Calf Raises
- Leg Swings (Forward/Backward)
- Leg Swings (Across/Out)
- Trunk Rotations
- Arm Swings
- Alternating Arm Swings

## Dynamic Mobility Series

Note: Complete each drill over a distance of 10-15 feet. Increase the number of repetitions or distance as needed to fit your needs.

- Walking Knee to Chest
- Single Leg Reach
- Walking Lunges
- Reverse Walking Lunges with Overhead Reach

## Locomotion Series

Note: Complete each drill over a distance of 10-15 feet. Increase the number of repetitions or distance as needed to fit your needs.

- Low Skips
- Higher Low Skips
- A-Skips
- Lateral Straight Leg Bounds
- Carioca or Grape Vine

**[Click here](#) to watch the entire dynamic warm-up routine.**