



Seattle Green Lake Running Group – Track Warm Up

After first 800M of 1 Mile Warm Up, Initiate Foot Tweaks (50 yds each)

- Normal Width Toes In
- Normal Width Toes Out
- Wide Toes Neutral
- Wide Toes Out
- Wide Toes In
- Narrow (across midline) Toes Neutral
- Narrow (across midline) Toes In
- Narrow (across midline) Toes Out

Forward Progression Lunge Routine (5 each; limit lunge depth for those with knee pain)

- Hands Reach Overhead
- Hands Reach @ Knees
- Hands Overhead Tilt Same Side as Lunging Leg
- Hands Overhead Tilt Opposite Side as Lunging Leg
- Hands @ Shoulder Height Rotate Same Side as Lunging Leg
- Hands @ Shoulder Height Rotate Opposite Side as Lunging Leg

Skipping With Arm Driver Up/Across Opposite Knee (50 yds)

Butt Kicks (50 yds; make sure arms are driving hard)

High Knees (50 yds; make sure arms are driving hard)

Strides