

Freihofer's Junior 3k Run Training Program

Warm Up Options

Since running is a dynamic activity it is best to do warm up exercises that activate the muscles about to be used. Static stretching is saved for after the workout. The warm-up time can be fun and creative. Any combination of jumping, hops, skips, windmills, short 20-25 meter sprints etc... will work. The warm up should last no less than 5 and no more than 10 min.

Below are some suggested exercises:

Jumping Jacks- sets of 10 in the "one, two, three, ONE, one, two, three TWO..." format.

Push-ups- sets of 5-10 keeping the core muscles tight.

Sit-ups- sets of 10-20.

Leg swings- one set of 10-15 on each leg: Side to side and front to back. Try to get as wide a range of motion as possible.

Knee hugs- sets of 5 on each leg. While balancing on one foot grab the opposite knee and gently pull it to the chest as you raise up on the toes of the grounded foot. Switch and repeat.

Grapvines- one set down and back 10 yards. These are done quickly.

Butt Kicks- rapidly run short strides brushing the underside of the hamstring with the heel.

Knee-Ups- rapidly run short strides (in place is ok) exaggerating the high knee motion bringing the knee above the hip.

One set of 10-20 yards down and back of Marching A and Marching B or Skipping A and Skipping B drills. (see "Drills")

We recommend starting the first few weeks with Marching drills and graduating to Skipping drills.

Warm Down Options

The "warm down" consists of activities designed to return the heart rate to near resting and encourage recovery and blood flow to the stressed areas. Below are some options for warming down:

Walking- walk the prescribed length of time.

Slow skipping- skipping for 20-30 yards.

Grapevines- slow, walking grapevines.

Walking Arm Circles/Arm Swings large and small

Follow up the Warm Down with static stretching.

Standing Calf Stretch

Standing Hip Flexor Stretch

Standing adductor (groin) Stretch

Hanging Hamstring Stretch- touch your toes

Standing Quad Stretch- heel to butt- be careful not to pull too aggressively on the foot as to put pressure on the knee.

Sitting Butterfly stretch

Seated Hamstring stretch- one leg out, same arm, try to touch toes, grab and hold for 20 seconds. Go slow and only reach as far as you can. No bouncing.