



Active Multi Stage Warm-up

By Vern Gambetta

The workout begins with the warm-up! It sets the tempo for the workout to follow. It is the bridge from normal daily activities to actual training. There is too much emphasis in warm-up on raising core temperature and heart rate. The main physiological objective is neural activation, getting everything firing to prepare for the more intense work to follow in the actual workout. From a psychological perspective the warm-up should almost be a ritual. This can serve as a security point or anchor for the athlete. Try to stay away from stationary bikes and stair steppers as part of warm-up because of the restricted range of motion they shorten the psoas.

The warm-up can vary in length from as short as ten minutes for the warm-up before a second session to as long as thirty minutes. The length ultimately will be determined by the objective of the workout. The warm-up should be “active” not continuous. That distinction is important. Active refers to the fact that the warm-up consists of movements that are active as opposed to passive. Continuous means that there are no breaks between warm-up activities. Continuous warm-up means that warm-up goes for a set period of time with all the exercises fit into that period. This can be used occasionally, especially on a recovery day or on a work capacity emphasis day where the subsequent workout is of low neural demand. The warm-up should build progressively in intensity into the workout. There is an emphasis on joint mobility not on static flexibility. Flexibility is trained as a separate training unit, after the workout. In a cold environment proper clothing can greatly prolong and enhance the effect of warm-up. After warm-up it is especially helpful to be able to towel off, hydrate well and change into dry clothes for the actual workout.

Let's look at the stages of active warm-up:

Active Multi-Stage Warm-up

1) Progressive Strides 6 – 8 x 50 meters

This serves to raise core temperature. These are not jogs but relaxed strides that serve to enhance good running mechanics. The last thing we want is to have the athletes start the workout by plodding. Start at 60 % and end at 80%.

2) Leg Swings

a) Swing Forward & Back b) Side to side across the body
This dynamically loosens the hip girdle

3) Mini Band Routine (12” band above ankles)

a) Sidestep b) Walk - Forward/Back c) Carioca d) Monster Walk
This is designed to strengthen and activate the small intrinsic muscles of the hip. This segment is a key factor in prevention of low back and groin injuries.

4) Balance & Stability

Single Leg Squat (Hold each position five counts)

a) Straight 2 x ea leg b) Side 2 x ea leg c) Rotation 2 x ea leg

Balance Shift

Shift & Step Right - Shift & Step Left

Forward Step Right - Forward Step Left

Back Step Right - Back Step Left

The single squat addresses static balance and the balance shift addresses dynamic balance. This segment serves to help with neural activation and increase body awareness.

5) Basic Core (3 Kg Med Ball)

Wide Rotation x 20 - Forward & Backward

Tight Rotation x 20 - Forward & Backward

Side to Side x 20 - Forward & Backward

Figure x 20 - Forward & Backward

This segment activates the core in functional positions

6) Multi Dimensional Stretch

Lunge & Reach Series (2 reps in each plane – Forward/Side/Rotational)

Reach Up

Reach Out & Down

Reach Across

This series is designed to work through wide ranges of motion to promote mostability.

Lunge & Reach Up

(Two reps each position)



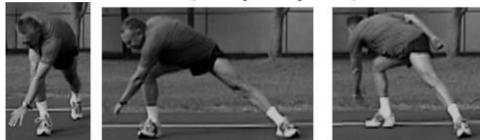
Lunge & Reach Out

(Two reps each position)



Lunge & Reach Across

(Two reps each position)



7) Active Stretch

The emphasis here is active stretching in three planes of motion for the key target areas that are needed by that individual. Every individual should have their own routines based on their individual needs.

8) Crawls

Jack Knife Crawl x 5

Creepy Crawl x 5

To work the core and reinforce opposition.

9) Hurdle Walks (Five Hurdles)

Hurdle Walks – Over

This segment addresses dynamic hip mobility

10) Coordination

Coordination I (Two reps of each exercise)

Skip

Crossover Skip

Side Step

Carioca (low & long)

Carioca (short & quick)

Backward run

High Knee Skip

High Knee Skip w/Rotation

Coordination #2 (Two reps of each exercise)

Serpentine Stride 2 x 30 yards

Crossover Skip with rotation 2 x 30 yards

Angle Sidestep 2 x 30 yards

Carioca Quick Change 2 x 30 yards

360 Turns 2 x 30 yards (Four Turns)

Line Touches 2 x 30 yards

Forward into Backpedal 2 x 30 yards

Backpedal, Turn and Go 2 x 30 yards

The coordination segment is just that, it is designed to promote coordination and body awareness. There are two modules coordination 1 which is more linear and coordination 2 which involves more change of direction. Alternate the two based on the objective of the subsequent workout.