

# Dynamic Stretches and Warm Up Drills

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Dynamic stretches and warm up drills are active functional exercises in which you move your limbs through their full, natural and functional range of motion. These exercises provide the following benefits:

- Increase the flow of blood to your muscles, lubricate your joints and raise your body temperature.
- Help develop your speed, power and neuromuscular coordination as well as improving flexibility.

Either or both sets of exercises should be done before your workout or race and after a short general warm-up (e.g. 5-10 min easy jog or spin on the bike).

## Dynamic Stretches

Perform each exercise as follows:

- Perform each movement with a step in between each movement. Perform 10 steps per side for each or keep going for about 20 meters and repeat coming back facing the same direction.
- Hold each stretch for 1 second and make sure you feel the stretch and movement is controlled.

DYNAMIC STRETCH	DESCRIPTION
Quadriceps /Front of Leg	Beginning with one leg, reach back and grab your foot. Drop your knee under your hip and push your hip forward. Feel the front of your leg and hip flexors stretch. Your upper body should remain in a vertical position (flat back). Step forward and repeat with the other leg.
Alternate Toe Touch /Frankenstein	Swing your leg forward and up towards your opposite arm which is reaching out. Your upper body should remain in a vertical position (flat back) with your legs straight. Engage your gluteus and abdominal muscles. There is no need to touch your toes if your flexibility does not allow it.
Cradle/Hip Opener	Cross one leg over the knee of your standing leg while squatting down on the standing leg. Your upper body should remain in a near vertical position (flat back).
Inner Thigh/Lateral Squat	Take a long, exaggerated step sideways with one leg. Slowly flex your leading knee until your thigh is parallel to the ground. At the same time your trailing leg should remain straight and close to the ground. Your upper body should remain in a vertical position (flat back). Forcefully push off with your lunging leg, keeping most of your weight over your forward heel. Stand upright and bring your feet back together.
IT Band	Moving to the left, cross your right leg over left and reach around the right side toward back of the knee and then down toward ground. Push your hips out opposite to the direction you are reaching. Repeat 10 times moving left. Return the opposite direction, moving to the right crossing your left leg over your right and reaching around the left side toward back of the knee then down toward ground. Repeat 10x.

## Warm Up Drills

Perform each of the following warm up exercises for approximately 30 seconds each.

WARM UP DRILL	DESCRIPTION
High Knees	Using a short stride and bouncing on your toes, take an exaggerated high step with a short stride - about 18 inches. Drive your knee as high as possible on each stride, bouncing up on the toes of your opposite foot. Keep cycling your legs through this motion so that you are moving slowly forward over the ground with the exaggerated high knee motion and bouncing on your opposite foot. Keep your foot in a flexed (toes up) position throughout this drill. Your foot should land in a flat footed position - not heel first.
Butt Kicks	Begin by performing a slow jog. Using a short stride of about 18 inches with a flexed (toes up) foot position, kick your heels up heels back as high as possible under your hips. Attempt to bounce your heels off your buttocks. Most of the movement should be from your lower leg. Concentrate on raising your heels as high as possible and maintaining a very quick light stride. Your foot touchdown should be flat footed with your foot maintained in a flexed (toes up) position.
Skips	To perform this drill, begin skipping forward with short skipping strides of about 18 inches. Keep your foot flexed (toes up) with the bottom of your foot parallel to the ground. Move forward with a quick and controlled skipping motion. Try to drive your body as high as possible with each skip. Try for distance in this drill. Keep your foot action very quick and light.
Carioca / Grapevine	Move laterally while alternating foot movements in front of and behind your body. Begin a lateral movement to your right by crossing your left foot to your right in front of your body. Then step to your right with your right foot. Now cross your left foot to your right behind your body before again stepping to your right with your right foot. Then reverse the exercise by moving laterally to your left. Concentrate on moving quickly and lightly on your feet and try to get into a "dance rhythm." Allow your hips to rotate freely.
Bounds	Begin by performing a slow jog. Push off explosively with your left leg and drive your right knee up and out. Emphasize a high knee lift stride for maximum height on each bound. Upon landing on the right foot, push off explosively with the right foot, driving the left knee up and out. Repeat this sequence throughout the drill.

**Please note:** You should follow your run or workout with a series of gentle static stretches.

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