

## Mattock Warm-up

This dynamic warm-up prepares your body to run by gradually increasing your heart rate and muscle temperature. Perform 1 set of this routine which takes about 10 minutes.



### **Hurdle Mobility: 10 reps per leg per direction**

In a table position with your hands under your shoulders and knees under your hips, lift your leg so your thigh is parallel to the ground and your shin is at a 90 degree angle from your thigh. Make a circular motion with your knee like you're moving your thigh over a hurdle. The next movement is exactly the same, except in the opposite direction.



### **Iron Cross: 20 reps (10 per leg)**

Lie on your back with your arms out to your sides and swing your right leg across your torso and up to your left hand. Make sure to keep your shoulders flat against the ground, but you can rotate your torso and hips as you swing your leg toward your hand. Repeat the same movement for the left leg.



### **Scorpion: 20 reps (10 per leg)**

Lie in a prone position with your arms out to your sides and swing your right leg across your back up to your left hand. Keep your shoulders and chest as flat against the ground as possible. Like Iron Cross, there will be a good amount of rotation in your torso and hips as you swing your leg toward your hand. Repeat the same movement for the left leg.



### **Squat: 10 reps**

Stand with your feet about shoulder width apart and your toes pointing straight ahead. It's also ok if your toes are pointing slightly outward. Sit back with your butt like you're sitting down in a chair until your thighs are parallel to the ground. Drive your heels down and return to the standing position, ensuring your lower back stays in a neutral position.

# STRENGTH RUNNING



## **Walking Lunge: 10 reps (5 per leg)**

Step forward with your right leg, flexing the knees and dropping your hips. Descend until your left knee almost touches the ground. Drive your right heel into the ground and push yourself back to a standing position while taking a step forward. Repeat with the opposite leg. Maintain a tall, erect posture (no slouching) and ensure your knee does not go significantly beyond the toes while lunging.



## **Walking Leg Swings: 10 reps (5 per leg)**

With your hands straight out in front of you (like a zombie!), swing your right leg up toward your right hand. Keep both knees relatively straight and repeat on the opposite side.



## **High Knee Skips: 20-30 meters of skips**

Staying light on your feet, skip forward and drive your knee up so it's about parallel to the ground and drive your foot back down to the ground. Alternate each leg. Remember to keep your back tall with an exaggerated arm swing and make sure you don't slam your feet on the ground.



## **Side Leg Swings: 20 reps (10 per leg)**

Standing in front of a wall or pole for support, swing your leg parallel to the support so your foot comes up to about hip level. Make sure to keep your swing leg straight but don't lock your knee.

**Watch the video here:** <http://strengthrunning.com/2015/05/mattock-dynamic-warm-up-exercises>