



Physical Therapy & Sports Performance Center

Speed Warm Up

1. **Jog:** 2 Laps (Increase speed on the second lap)
2. **Back Pedal:** 2 laps (Normal back pedal first, second big reaches)
3. **Shuffle:** 1 lap
4. **Carioca:** 2 laps (High knee across on the second lap)
5. **High Knee Progression**
 - a. Right knee only: 1 lap
 - b. Left knee only: 1 lap
 - c. Alternating 1 knee: 1 lap
 - d. Normal: 1 lap (Moderate pace up and down half way, fast up and down last half)
6. **Butt Kickers:** 1 lap (Moderate pace up and down half way, fast up and down last half)
7. **Skips:** 2 laps (1 lap high skips, 1 lap high skips with rotation)
8. **High Kick Progression**
 - a. Forward Kicks: 1 lap
 - b. Side Kicks: 1 lap
 - c. Back Kicks: 1 lap
9. **Hips Swing Progression**
 - a. Outside – In swings: 1 lap (Close the gate)
 - b. Inside – Out swings: 1 lap (Open the gate)
10. **Jump Starts**
 - a. Forward-Back Jump to sprint
 - b. Side-Side Jump to sprint
 - c. Twisting Jump to sprint

Options:

1. **Out of sync Jump Starts:** same as jump starts but feet move in opposite movement patterns.
2. **Hop Starts:** same as jump starts but single leg.
3. **Forward Run to Back Pedal:** 2 laps
4. **Back Pedal to Forward Run:** 2 laps
5. **Medial/Lateral High Knees:** 1 lap each