Warm-Up

Movement Warm-up:
Jog 50 yds x 2
Side Shuffle 20 yds x 2 (20 rt leg lead / 20 lft leg lead)
Back Pedal 20 yds x 2
High Knees 10 yds x 2
Butt Kick 10 yds x 2

Jump Rope x100 foot touches

Static Stretches:
Standing "V" - Middle, Rt Leg, Lft Leg, Middle 10-15 sec. Each
Single Leg R&L - Standing Groin Stretch 10-15 sec. Each
Standing Rt Over Lft, Lft Over Rt 10-15 sec. Each
Butterfly - Seated Groin Stretch 10-15 sec. x 2
Hurdler Stretch - Rt out Tuck Left, Switch 10-15 sec. Each
Quad Stretch - Lay on Rt Side Stretch Lft, Switch 10-15 sec. Each

Dynamic Warm-up
Hi Knee+Stride 5 yds High Knee / 15 yds Stride x 2 (Hi Knee for 5 yds - @ 5 yrd mark hit a stride for 15 yds)
Butt Kick+Stride 5 yds Butt Kick / 15 yds Stride x 2 (Butt Kick for 5 yds - @ 5 yrd mark hit a stride for 15 yds)
Hi Knee+Sprint 5 yds High Knee / 15 yds Sprint x 2 (Hi Knee for 5 yrs - @ 5 yrd mark explode into sprint for 15)

*Make sure that you are thoroughly warmed-up - repeat any part if needed

*STATIC STRETCHES REPEATED AFTER EVERY CONDITIONING WORKOUT*