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“Designing an Effective Warm Up”

Twitter: @KSU_FB_Strength

WARMING UP...
OWL STYLE


WHY
HOW
WHAT



WHY?


"But Coach...a lion doesn't warm up before he hunts..."

-unnamed athlete

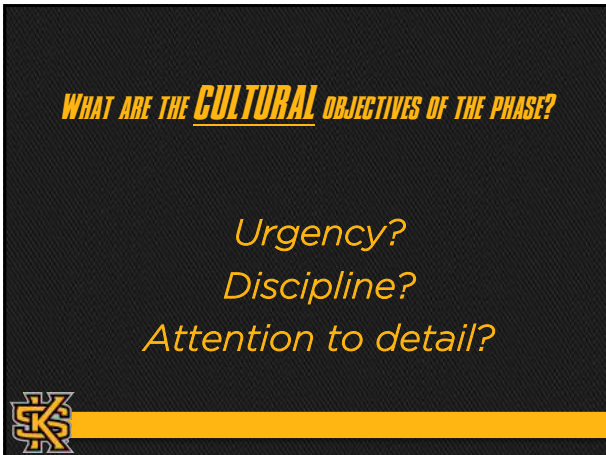


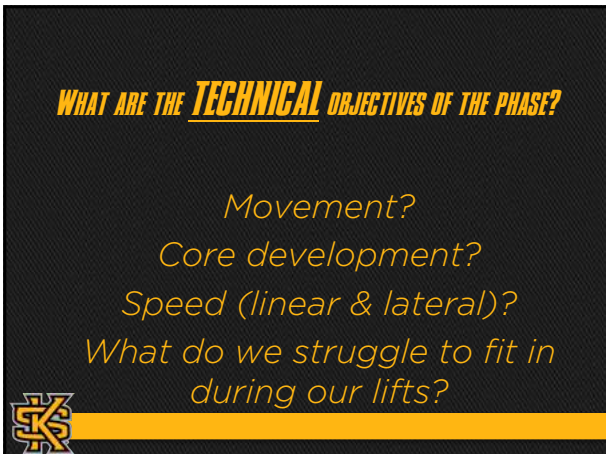
WHY?

Increase blood flow
Increase core body temp
Ya di ya di ya...
Get your body & mind ready to GO!!!









WHAT ARE WE DOING DURING THE SESSION?

- Upper Lift?
- Lower Lift?
 - Speed?
 - Agility?
- Conditioning?



WHAT DO WE HAVE?

- How many coaches?
- Foam Rollers? (enough???)
 - Mini bands?
 - Track hurdles?
- "speed" ladders?
- Medicine Balls?
 - Nothing???



WHERE ARE WE?

- Indoors or Outdoors
- In place or in a space?



#OWLSTRENGTH

WARM UPS

In Place

- Corrective Exercise Continuum
- DeFranco's Agile 8
- McGill Big 3

In A Space

- Stations
- Old School Traveling



STATION WARMUPS

WHY???

- WAKE UP!!!
- MOVE AROUND!!!
- CREATE CHAOS!!!
- DEMAND URGENCY!!!
- More accountability
- Gets interns coaching right away



#OWLSTRENGTH STATION WARMUPS

HOW???

- 4-8 stations
- :90sec - 2min/station
- SIMPLE STUFF



#DWLSTRENGTH STATION WARMUPS

WHAT???

4 Station Example

- Inhibit
- Lengthen
- Activate
- Integrate
(CEC Model)



#DWLSTRENGTH STATION WARMUPS

WHAT???

6 Station Example

- Core
- Active Drill (1)
 - Neck
- Hip Mobility
- Active Drill (2)
- Post Shoulder/Cuff



#DWLSTRENGTH STATION WARMUPS

WHAT???


8 Station Example

- | | |
|-------------------------|------------------------|
| • Core & Arm Action | • Rapid Response |
| • T-Spine Mob | • Hip Mobility |
| • Hip Flexor Activation | • Glute Activation |
| • Ankle Dorsiflexion | • Integration (D-flex) |



PRE-RUN WARM UP

- 4 Stations
- Light activity
- Dynamic flexibility
- Linear technique (march, skip, etc)
- Lateral technique (spider pos, lateral pushoffs)
 - Multi directional running
 - Races
 - Plyos
 - Competitions



PRE-RUN WARM UP



#OWLSTRENGTH
WRAPPING UP...
Warm up with
PURPOSE
INTENSITY
DISCIPLINE
Allow it to help set you apart
from all others

