**Hurdle Competition Warm-Up**

*Warm up for first event 45 minutes – 1 hour prior to event. See trainer prior to warm-up.*

1. 2 lap jog
2. Leg swings / scissors
3. Iron cross / scorpion
4. 3 60m strides at 60%
5. 60m of:
   a. High knee line runs (toes pointing in, out, crossover)
   b. Carioke
   c. Backward run
   d. Fast leg
   e. Straight leg bound
6. Drills 20m of:
   a. Ankling
   b. Butt kicks
   c. A skip
   d. A-C skip
   e. B skip
7. Hurdle Walkovers/ Mobility
   a. Step over
   b. Backward step over
   c. Under
   d. *if unable to do mobility do 20 meters of lunge walk
8. Hurdle Drills X2 (nice and easy in flats)
   a. Lead leg
   b. Trail leg
   c. Over the middle
9. Put on spikes
10. 2 60m accelerations
11. Starts: at least 2 over 2 hurdles
12. Easy stretch
13. Mental preparation
14. Competition

**Warm-up Between Events**

*Should start 30-35 minutes before next event*

1. 2 lap jog
2. Leg swings / scissors
3. Iron cross / scorpion

If Hurdle Race:
1. Hurdle Drills (lead, trail, over the middle)
2. Accelerations in spikes
3. Starts over 2 hurdles
4. Easy stretching
5. Mental preparation

If Sprint Race:
1. Sprint Drills: Ankling, Butt kicks, A skip, A-C skip, Fast leg, Straight leg bound
2. Easy stretching
3. Accelerations in spikes
4. Mental preparation