



TTS Extensive Warm-up

NOTE: This warm-up should be done prior to every workout!

Dynamic Stretching (Perform each exercise one after another)

Quad Stretch- Grab your foot and bring it to your glute while leaning your opposite arm forward.

Quad Stretch with a Toe Touch- This is the same as the normal quad stretch except you take your opposite arm and touch your toe that is planted. This requires a lot of balance and you should notice yourself getting better each workout.

Knee Hugs- The first stretch is knee hugs. Notice how he is bring his knee to his chest while elevating to the tip of his toe creating tension in his calf.

Ankle Grabs- Grab your ankle and your calf and pull up towards the sky. Come to a peak on your toe just as you did with knee hugs.

Hamstring Kickbacks- Keep one leg planted straight on the ground while kicking the other leg back. Make sure you bring your hands to the ground in a swinging motion.

High Kicks- Kick your foot up as high as you can, touching your opposite hand while walking forward.

Crossovers- Cross one foot over another and touch the backside of your heel. You will feel a stretch through your hamstrings and glutes. Do this going both directions as shown.

High Knee Lateral Lunge- Lift your knee up as if you were a pitcher and while you make contact with the ground lunge laterally coming right back to the starting position. Do this going both directions.

Lunges- Lunge forward while swinging your arms upward. Your arms will be at your sides in between each lunge.

Lunge with a Twist- Lunge forward while twisting your trunk over your knee that is out using your arms to twist.



Active Warm-Up (10-15 second intervals between sets)

**** (Track/Count how many times you cross the line for all warm up exercises) ****

Quick Feet Lateral- 3 sets of 10 seconds Quick Feet Forward- 3 sets of 7 seconds

Quick Feet Alternate- 3 sets of 10 seconds

Wide Outs- 3 sets of 10 seconds

Foot Fire- 3 sets of 10 seconds

Simultaneous Foot Fire- 3 sets of 10 seconds

Hip Flexor Band Holds- 3 sets of 15 seconds (each leg)

Hip Flexor Chops- 2 sets of 25 reps (each leg)

Band Lateral Walk- 2 sets of 6 lateral steps (each direction)

Leg Swings- 2 sets of 12 seconds (each leg)

Form Running/Sprint Work (Interval: As much time as you need)

First Step Start Drill

3 sets of 60 yard build-up sprints (increase speed every 10 yards)

3 sets of deceleration sprints (cones every 15 yards)

2 30 yard full sprints (use a stop watch to track progress)

2 60 yard full sprints (use a stop watch to track progress)



And you have just begun!! Warm-up Over...Let's hit the weight room for some plyometrics.