

NY Flyers Warm-Up

Can't go from 0 to 100mph without revving the engine a bit first. This warm-up is intended to redirect blood-flow to your running muscles, and ramp up the nervous system to prep you for running fast and controlled.

Start with **Mobility Work** - on your own (foam rolling, joint mobility, rehab work) for 5-10 minutes

This warm-up routine should only take ~7 minutes.

For **workouts & races**, do this warm-up and also add 3x :60sec surges into your 2 mile warm-up jog

This warm-up is also done before your "[Plyometric Days](#)"

[Schedule a free injury consultation](#)

Round 1:	2 sets		
	Time / reps	Video Demo	Notes
Walking Lunges	20 total (10each)	Link	Try and get your knee to the ground. Deep lunge, think of this as a mobility+strength movement
Dynamic Plank	x :45sec	Link	Challenge yourself here - keep the abs tight and wiggle back & forth - pick one leg up, then the other. Make it dynamic.
Double Leg Calf Raises	x 20reps	Link	Should feel a good burn in the calves by the end of the set.
Side Plank with March	x :20sec	Link	Should feel this in the lateral hip of the bottom leg. The "march" with the top leg helps throw you off balance, so make sure to keep good form and stay steady.
Round 2:	2 sets (down & back)		
	Time / reps	Video Demo	Notes
A-skips	x :20sec	Link	Crisp
Karaoke	x :20sec	Link	Crisp
Side shuffle	x :20sec	Link	Crisp