

# Leamington Lemmings Standard Warm Up

## Part 1- Increase Blood Flow

1. Start a run at 40% to make sure everything feels good (Width of Pitch)
2. Increase speed to 60% (Length of pitch)
3. Karaoke (Width of Pitch)
  - a. <https://www.yourhousefitness.com/blog/the-crossover-karoke-exercise>
4. Skip and Jump (Half Length)
5. Bounding (Half Length)
  - a. <https://www.yourhousefitness.com/blog/learn-how-to-do-the-bounding-exercise>

## Part 2- Mobility and Dynamic Stretching

### Focus

- Chest up
- Facing Forward
- Tight core & straight back

### Exercises

1. Tip Toe / Heel Walks
  - i. Little Steps, Focus on full ankle range.
2. Open the Gate/Close the Gate
3. Bouncing toe skip
  - i. Power off the ground, Minimum time on the floor
4. Walking Quad Stretch

<https://youtu.be/05TNLo-d2i0>  
<https://www.yourhousefitness.com/blog/exercise-tutorial-quadiceps-stretch>
5. Walking Hamstring Stretch  
Some reps with the toe up and some reps with the toe down
6. Stretching routine
  - a. Toe Touch (Reach up between each exercise.)
    - i. LH-LF
    - ii. LH-RF
    - iii. RH-RF
    - iv. RH-LF
  - b. Inchworms (Min 3 reps)
    - i. Starting from standing reach down and walk your hands away from your body. Then walk your arms back up to your hands.
      1. Modified from :  
<https://www.yourhousefitness.com/blog/inchworm-exercise>
    - ii. Focus on keeping your legs straight
  - c. Back and hip stretches
    - i. Happy Seal
    - ii. Angry Cat
7. Calf Pumps  
Push Heel into Ground  
Lift heel and drive knee towards the ground
8. Sit into pigeon pose- Move hands

Repeat on the other leg.

#### 9. Side Lunges

<https://www.yourhousefitness.com/blog/exercise-tutorial-lateral-lunge>

Drop to a knee and push forward engaging the glutes strong tight core to stretch the hip flexor. **It is important to squeeze your glutes and extend through the hip and not just lean forward as far as you can.**

Lean onto your back leg to stretch your hamstring.

Oscillate between these two stretches. Increasing the time in each stretch as you do.

Rotate through the hips left and right to adjust the stretch.

#### 10. Groin Opening

- i. Lamp Posts
- ii. Donkey Kicks
- iii. Fire Hydrants

#### 11. Backwards walking lunges with reach

<https://www.yourhousefitness.com/blog/exercise-tutorial-reverse-lunge>

#### 12. Single Leg Deadlifts

Aeroplane/ T-Pose

### Part 3

#### 1. Cycle Kicks (Replaces butt kicks)

<https://youtu.be/kp11ju-h1CQ>

#### 2. High Knees (Every third skip for ¾ then every skip for last ¼ )

<https://www.yourhousefitness.com/blog/high-knees-exercise>

#### 3. Lateral Skips

[https://youtu.be/DxdXUL6W\\_I0](https://youtu.be/DxdXUL6W_I0)

#### 4. Skater Jumps

<https://www.yourhousefitness.com/blog/exercise-tutorial-speed-skaters>

### Part 3B- Glute Activation

- Sets of 12 per side
  - Leg opens to the side
  - Leg kick backs
  - Fire hydrant with kick back

### Focus

- No Commitment of the hips
- Athletic stop positions
- Jump and hold

### Part 4- Nervous System

- In lines of 4. Gives 1:3 Work:Rest
- Good introduction to high intensity movement- Makes any niggles apparent
- Adds fitness element
- Reinforces good athletic position and movements.

**Only run one set of Sprint Progressions**

### *Sprint Progression 1*

1. Side Shuffles
  - a. Side Shuffles should be out and back in, no spinning.
  - b. <https://www.yourhousefitness.com/blog/the-side-shuffle>
2. Cross Overs
  - a. Crossovers are out and back in, no spinning
  - b. <https://skydmagazine.com/2018/06/breaking-down-defensive-footwork/>
3. Step Over to Sprints
  - a. <https://www.youtube.com/watch?v=PBr2O-OUgaU>
  - b. Run twice, one each side.

### *Sprint Progression 2*

1. Jogging out and hockey stops at 45deg
  - a. <https://tokay-ultimate.com/three-agility-drills-for-ultimate/>
2. Three fast steps and jogging through
3. Sprint out, Hockey Stop and race back

## Leamington Lemmings Starter Drills

Focus is on lots of hands on discs, throwing to a moving target and keeping the momentum from the warm-up.

- Swiss Drill
- Gut Pass Drill
- Box Drill
- 4-3-2-1

## References

<https://www.theuap.com/blog/simple-dynamic-warm-up-routine>