

Dino
Endurance Group
Mobility/Warmup routines

Mobility Routine #1

Warmup Run
Leg Swings Forward/Backward
Leg Swings Side to side

Do each exercise for 30-60m

Skips Forward	Arm circle forward
Skips Forward	Arm circle Backward
Skips sideways	leading with right
Skips sideways	leading with Left
Backwards run	(2 reps)
Crossovers	leading with right
Crossovers	leading with Left
Jog/Quick C	every 4-5 steps/alternating
Jog/Quick A	every 4-5 steps/alternating

Strength

Do 2-3 reps of 20-40m of each exercise
Hops with tap
Power Skip
Bounding

Strides or Accelerations

Do 4-5 reps of 50-100m

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Mobility Routine #2

Warmup Run
Leg Swings Forward/Backward
Leg Swings Side to side

Running School

Do 2-3 reps of 10-20m of each exercise
Ankle motion
Springing Step
Straight leg run

ABC's

Do 2-3 reps of 10-20m of each exercise
A March or Skip
B Skip
C Run

Strength

Do 2-3 reps of 20-40m of each exercise
Hops with tap
Power Skip
Bounding

Strides or Accelerations

Do 4-5 reps of 50-100m