

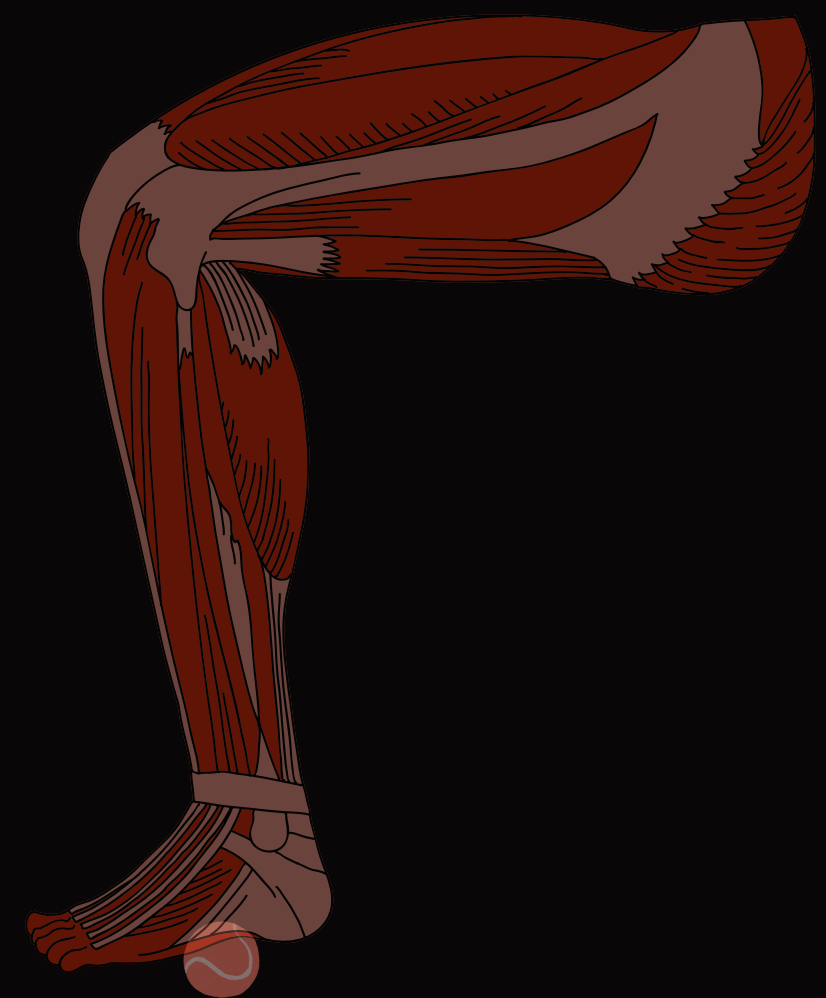


# SPRINT WARMUP CHEAT SHEET

**#1: 400m Jog** – Light and relaxed

**#2: Foam Rolling** – Target key muscle groups:

- **Front Side:** Quads, hip flexors, dorsal flexors
- **Back Side:** Glutes, hamstrings, calves
- **Sides:** Adductors & abductors
- **Feet:** Use a small ball



**#3: Dynamic Stretching** – Same muscle order as rolling:

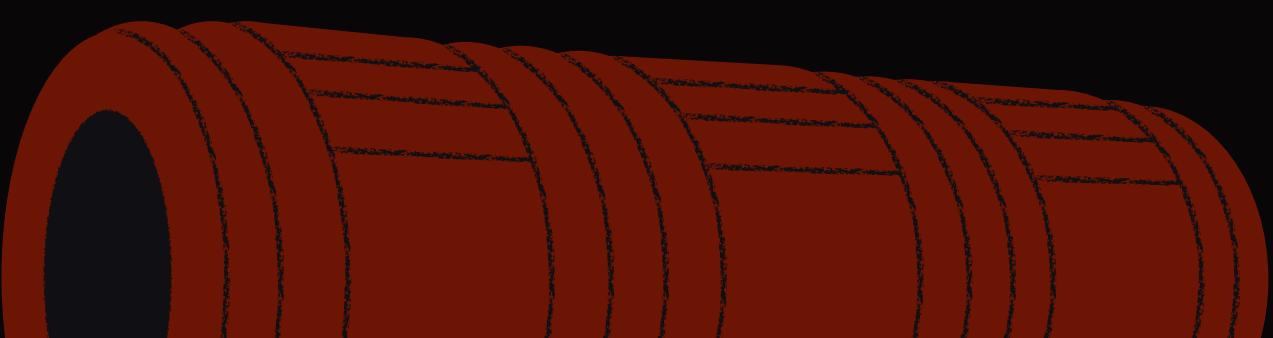
- **Quads** → Quad pulls
- **Hip flexors** → Lunges (with rotation)
- **Glutes + Abductors** → Knee-hugging (with rotation)
- **Hamstrings** → Airplane Pose
- **Calves** → Calf raises (dynamic)
- **Adductors (inner thighs)** → Lateral lunges

**#4: The Sprint Alphabet** – Diagnose body's preparedness for today (injury prevention + priming the nervous system for further load):

- **Skips** → A, B, C
- **Bounds** → Straight Leg Bounds, Bounds, Speed Bounds
- **Coordination** → Back Kick, Indians, Stompies

**#5: 2–4 x 100m Light Runs** – Gradually increasing speed

Now you're ready to put on the spikes!



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