



**CAROLINA ALLSTARS**  
**Track & FIELD**  
Est. 2004

Wake County

## Allstar Warmup – Ransdell

### **GENERAL PREP**

- \*2 Lap Jog
- \*2x Skip <> Stride - 30m
- \*1x Arm-Cross Skip <> Stride – 30m
- \*1x Windmill Skip <> Stride – 30m
- \*Skip Lunge <> Backwards Run – 30m
- \*Twist Lung <> Backwards Skip – 30m
- \*Side Skip - 30m

### **STATIC STRETCHING**

#### **Standing**

- \*Arms – Cross
- \*Arms – Over
- \*Right over Left
- \*Left over Right
- \*Feet Together
- \*Feet Apart (R,L,M)
- \*Lunges (R&L)

### **DYNAMIC STRETCHING**

- \*Ankle Rolls
- \*Knee Rolls
- \*Full Body rolls
- \*Side Bends
- \*Full Arm Circles
- \*Box Arm Circles
- \*Neck Rolls

### **SPRINT DEVELOPMENT DRILLS**

#### **Turnover Drills** (*Emphasis on Dorsiflex, Body Position, Arm Swing*)

- \*Ankling (2x30m)
- \*Calves (2x30m)
- \*Knees (2x30m)
- \*Butt Kicks (2x30m)
- \*Short Kicks <> Big Kicks (2x30m)
- \*High Knee Sprints (2x30m)
- \*Power Skips (2x30m)
- \*Straight Leg Hops (2x10)
- \*Squat Jumps (2x10)
- \*Single Jumps (2x10) Each Side

### **START DRILLS**

- \*Full Start Position (10x30m)
- 1-2-3-4, Over, Down, Set, Go*