



WARM-UP & DRILLS GUIDE

Coach Jamie's go-to warm-up, power drills and strength work — the same routine used with competitive athletes, ready for you or your team.

All-Practice Warm-Up

Active stretching + drills + strides — do this before every run or session.

- » Knee highs
- » Standing figure four
- » Quad stretch
- » Ground sweeps
- » Walking lunges
- » Twisting lunges
- » Standing lateral leg swings
- » Carioca
- » Skipping arm swings
- » A-skips
- » B-skips
- » Strides x 3

How to use it

- » Warm up first — every session starts here.
- » Then run your workout (your plan, or your team's drills).
- » Add the day's strength work on the next page if time allows.
- » Finish with an easy cool-down run.
- » Quality over speed — good form beats rushing through it.
- » New to this? That's exactly who I coach. Reach out.



WEEKLY STRENGTH & POWER

Three short sessions across the week – power, hips, and core. 2 sets of each unless noted.

Monday • Post-Run Power

Walk back with pace between sets. 2 sets of each.

- » Backward running – 25 m
- » Bounding – 25 m
- » Standing long jump x 6
- » Cariocas – 25 m each way
- » Frankenstein – 10 each leg
- » Walking lunges – 10 each leg
- » A-skips – 10 each leg

Wednesday • 7-Way Hip Strength

Toe pointed up to the chin, rotated toward the ground. x15 each, then switch sides.

- » Up x 15
- » Forward x 15
- » Backwards x 15
- » Back-to-front kicks x 15
- » Forward circles x 15
- » Backward circles x 15
- » Knee-ups x 15

Saturday • Easy Abs

Steady and controlled – core stability for better running.

- » Bird dog x 10 each side
- » Fire hydrant x 10 each side
- » Glute bridges x 10
- » Plank taps x 15 each hand
- » Isolation extension crunches x 10 each side
- » Side plank – 30 sec each side
- » Front plank – 60 sec
- » Push-ups x 20