



Dynamic Warmup

Coach Alycia Williams-Head Girl's Coach at Flagler Palm Coast

About Coach Williams

- Semi-Pro for Nike
- **NCAA All-American at Florida State University 4x400**
- ACC Indoor and Outdoor Champion (FSU)
- **CAA and ECAC Champion (George Mason)**
- High School 5A State Record Holder in the 400 in 2001 also won the 200m
- **Assistant Coach at FPC in 2009 and Head Girl's Coach at FPC in 2022**
- Head Coach at Hickory Ridge Middle School and High School in Harrisburg, NC from 2017-2022





ACCOMPLISHMENTS



Won Greater 4A Metro Conference from 2018-2022 (Hickory Ridge MS and HS)

4A Girls State Champions in 4x200 and 4x400 Indoors (2022)

4A Girls State Champions 4x100 and 4x200 Outdoors with the #7 time in the country in the 4x200 (2022)

Adidas National Champions in the 4x100 and 4x200 in Greensboro, NC (2022)

Boy's State Champions at FPC (Assistant Coach, 2009)

Signed four athletes to D1 and D2 colleges (2022)



A close-up photograph of Carl Lewis speaking into a microphone. He is wearing a white shirt and has a serious expression. The background is dark and out of focus.

Quote of the Day

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

Carl Lewis

It Starts With Us!

As Coaches, we must have a “method to the madness.” What each of us deem as important may vary but we must have a process in order to give our best to our program and our athletes

What is your Coaching Process?



My Coaching Process

Establishing
the Objective.

The beginning of any coaching interaction needs to start with a clear purpose. ..



My Coaching Process

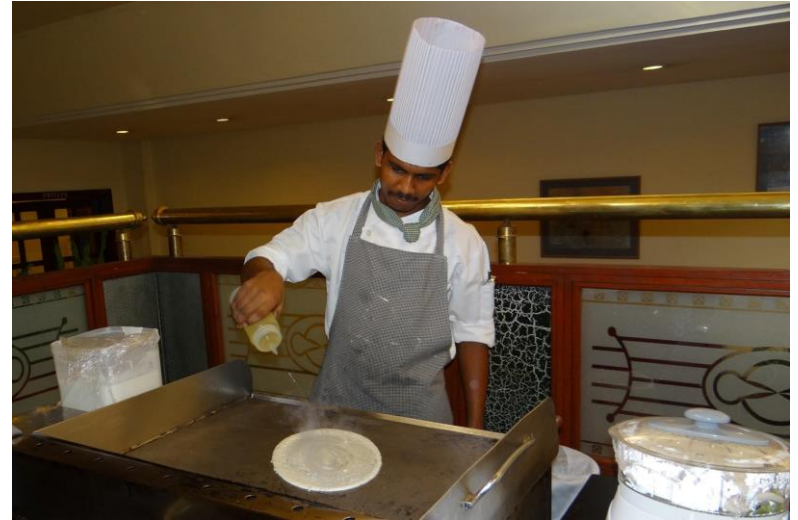
Understanding through Assessment AND Adjustment

Prepare for the now, but also for the future!

If something isn't working, scrap it!!

And finally make things YOUR OWN.

We will all have the recipe but it won't taste the same!





My Coaching Process

Providing Feedback

Record your workouts/meets, demonstrate, make sure you articulate what you want done

My Coaching Process

Follow With Support

Be encouraging!

Your athletes will work harder if they are part of a positive environment.



Remember.....

Just like in basketball, coaches have several different plays for their athletes depending on their offensive or defensive strategies, so the same mindset has to translate in track.

ONE WARMUP is not enough





Warm Up Sets the Tone

Warm ups are **non-negotiable**.

Warm ups prevent your athletes from being slower, stiffer, and more injury prone.

Warming up the wrong way may be just as bad as not warming up at all.

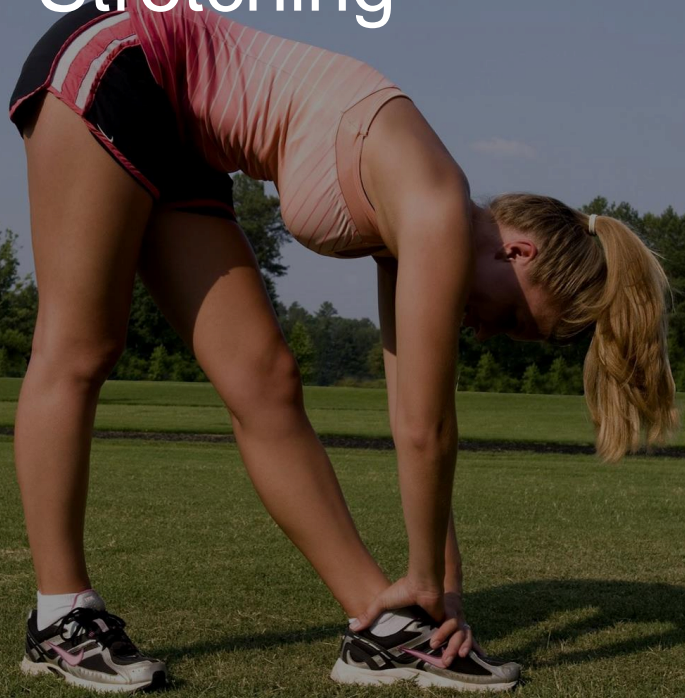
Teach your athletes to move with intention, going through the motions will not help them not only for the workout but for the meet

A group of runners is captured in motion on a red running track. The runners are dressed in various athletic attire, including t-shirts, long-sleeved shirts, and track suits. The background shows a green field and trees. A large, semi-transparent black circle is overlaid on the center of the image, containing white text.

Dynamic Warmup

What does your warmup look like?

Static Stretching



- Static Stretching (ex. touching your toes) improves FLEXIBILITY not MOBILITY
- Studies have shown traditional static track and field warm up stretches before a workout can decrease strength and power and negatively influence explosive force and jumping performance (“Track & Field Warm Up-Essential 3 Step Warm up for Sprinters, Hurdlers & Jumpers,” 2023)

Warm Up Do's

Remember it is the foundation of the workout, it is NOT the time to conserve energy



ACTIVATE!!

- Your athlete's mind, muscles and joints should be ready to perform
- Warm Ups should be designed particularly for the workout that comes after
- The brain and muscles should have vital communication to each other
- As coaches, we are trying to develop a warm up that improves explosiveness

If you want to prevent injury, protect your joints, and get the most out of your practice, don't waste your warm up.



Components of Your Warm Up

Active

total body movements

low intensity

- focus on flexibility and proper mechanics.

Dynamic

increase the intensity

incorporate dynamic movements that improve your range of motion

increase in tissue temperature, elasticity, nervous system stimulation, and muscle recruitment

decreases the risk of injury.

Specific

time to incorporate event-specific exercises to engage and activate the muscles, joints, and neuromuscular pathways most important to your event.

should include more complex technical elements related to the event and should connect your track and field warm up and the main training session.

Examples of Active Drills

- Fire hydrant drill
- Eagles
- Scorpions
- Leg Swings

Do each leg 10-15 times



Examples of Dynamic Drills

- A-switches (in video)
- Fast leg Rotary R/L
- Fast Leg Rotary alternating



Examples of Dynamic Drills

- A-Skips
- B-Skips



Examples of Specific Drills

Runners

1. Walk-in 2 Point Start
2. Rolling 2 Point Start
3. Stationary 2 Point Start
4. 3 Point Start

Hurdlers

1. Stationary Lead Leg Drill
2. 4-Count Stationary Trail Leg
3. Walking Through the Hands
4. Jogging Drill from the Side

Takeaways

Your should have a least 2-3 warmups

One specifically for specific training days (acceleration, blocks, or high intensity workouts)

One for your endurance days

One for your meet days (competition warm up)

Warmup sample-endurance days

4-6 100 build ups

Leg swings

Floor dynamic drills (scorpions, fire hydrants)

Walking drills (ankle grabs, knee to chest pulls)

Dynamic drills (a skips, up and outs, straight leg bounds)

Warmup sample-sprint days

4- 50m turnarounds

Active drills (walking knee to chest, inch worms jumping jacks)

Body squats

Skipping lunge

Backwards skipping lunge

Floor dynamic drills (scorpions, fire hydrants)

Dynamic drills (a switches, fast leg rotary r/l, alternating, double r/l)

Accelerations

Frontside Mechanics Warm Up Sample

A Skip in Place Hands on Hip R/L Leg Only

A Skip Hands on Hips R/L Leg Only

Alternating A Skips Hands on Hips

A Switches

2-min Water Break

Backward A Skip R/L Leg Only

Backward A Skips Alternating with Arms

Backward A Skip Switches

Backward Tight High Knee's Hands on Hip (Rotary Action)



Acceleration Drill

Falling Accelerations R/L

2x20m

Kneeling Accelerations R/L

2x20m



Competition Warm Up

Your athlete has a long day ahead what should you do to ensure that they are ready for each of their events?

Wrong answer: they should do a full warm up each time

Things to Consider

first meet warm up is your race set up and should obviously address the demands of the events your sprinter/hurdler/jumper will compete in.

Warm ups should isolate and then combine the full blown activity using a **part-part-whole approach**.



The point of the warm-up is to get warm blood to the brain and rehearse a series of skilled sensations.

Things to consider continued...

warm down (after the race) consisting of some jogging, low skips, high skips, arm swings, combo arm swings and skips, and carioca to let the heart rate drop slowly and allow blood to move through the big muscles.

Hydrate after the event

when it's time to warm up again, **select a handful of your competition drills** best suited for the next event

OR cut the warm up in half for a warmer day or complete 2/3rds for a day when the temps are low.



SUMMARY

Warm up should be about 35-50 minutes

Give breaks to hydrate and recover (don't try to rush through each drill)

Should have a variation of warm ups to account for the different workouts

Questions to ask Yourself....

Is your warm up sufficient?

Do you plan on making any changes?

References/Links

[Leg Swings Video](#)

[Competition warmup](#)

Other presentations

[Blocks and Acceleration](#)

[100/200](#)

QUESTIONS?

williamsa@flaglerschools.com

alyciawilliams0108@gmail.com

Cell: 386-569-1603