INSTRUCTIONS: Use these warm-up activities (also located on the Session Cards) to prepare your runners before each running club session.

- **PLAY TAG**: Choose one person to be “it.” As the “it” person tags others, they too begin chasing those who have not been tagged, until everyone has been tagged.

- **FOLLOW THE LEADER**: Choose a runner to be the “leader.” Have the “leader” choose their favorite warm-up activities that get them moving, that the others will copy. Play follow the leader until warm.

- **FIGURE EIGHTS**: Walk/run in figure eights of varied sizes. Be sure to keep quick feet and feel your back and hips stretch.

- **BICYCLES**: Lay on backs with legs and feet in the air. Move legs like pedaling a bicycle. Pedal slow, medium, and fast for 30 seconds each. Rest in between each pedaling speed.

- **HIGH SKIPS**: Skip as high as you can for a designated distance. Be sure to stretch your raised arm up high when you skip, to jump even higher! Repeat until warm.

- **ROBOT WALK**: Bring one leg straight up, bend waist to touch toes with hand. Walk slowly and touch alternating toes with each step until warm.

- **CRAB WALK**: Walk backwards like a crab on hands and feet for a designated distance. Repeat until warm.

- **HIGH KNEES**: Do high knees for 20 seconds. Jog in place, bringing knees up as high as they will go. Rest, then repeat until warm.

- **MOUNTAIN CLIMBERS**: Start in push-up position. Legs “climb the mountain,” similar to running, for 20 seconds. Hands stay on the ground. Rest, then repeat until warm.

- **STAR JUMPS**: Do 10 star jumps. Jump with arms and legs outstretched, like a star, while in the air. Rest, then repeat until warm.

- **BEAR CRAWL**: Crawl on your hands and feet, like a bear, from one designated spot to another. Rest, then repeat until warm.
- **LEG BALANCES**: Make 30 circles with both arms at the same time. Next, make 10 circles with one straight leg lifted off the ground. Switch legs. Repeat process until warm.

- **RED LIGHT, GREEN LIGHT**: Act like cars while Coach calls out a traffic light color. Run on green. Walk on yellow. Stop on red. Mix up the colors and continue until warm.

- **OBSTACLE COURSE**: Make a simple obstacle course. Ideas include zigzagging between cones, hopping over imaginary lines, etc. Repeat until warm.

- **TOUCH YOUR TOES**: Spread arms out to sides. Bend at waist and touch right hand to left foot. Stand up, then touch left hand to right foot. Repeat until warm.

- **FLAP YOUR WINGS**: Flap arms like a bird for 20 seconds. Now jog in place while flapping arms for 20 seconds. Repeat until warm.

- **DANCE PARTY**: Turn on music and dance in place for 30 seconds. Stop the music. Rest, then turn the music back on and repeat until warm.

- **JUMP ROPE**: Pretend to be jumping rope for 30 seconds. Rest, then repeat until warm.

- **JUMPING JACKS**: Spell out “Marathon Kids” while doing jumping jacks. Rest, then repeat until warm.

- **JOG AND JUMP**: Jog in place for 30 seconds, then jump in place for 30 seconds. Rest, then repeat until warm.

- **ARM CIRCLES**: Move your arms in big forward circles for 30 seconds, followed by backwards circles for 30 seconds. Rest, then repeat until warm.

- **FROG JUMPS**: Jump like a frog 10 times. Touch the ground and reach for the sky during each jump. Rest, then repeat until warm.

- **TUCK JUMPS**: Do 10 tuck jumps. Jump up and tuck knees up to chest. Land with knees bent. Rest, then repeat until warm.