



WARM-UP ACTIVITIES

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

- **PLAYTAG:** 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.