**RAMP WARM UP:**

**RAISE** – walk, jog, faster jog and skips, side skips, forward skips with arms circling forward and back.

Why? - This is to raise the heart rate and help reduce injury risk.

**ACTIVATE** – squats, lunges.

Why? - To activate the muscle groups that will be used when running.

**MOBILISE** – knee hugs, sweeps, hip hinges.

A walk, A march, A skip

Dribble series- over ankle, over calf, over knee

Scissors

High knees and calf smashers

Why? - To mobilise the joints and warm up the synovial fluid.

**POTENTIATE** – Strides (out of 10 of your effort) **7, 8 and 9**

Why? - To get the mind and body ready for the session ahead.