



Warm up drills.

As an athlete, I would usually allocate at least 1h to warm up the body properly prior to a competition. In training, warm-ups lasted for up to half an hour. This would ensure that our muscles, tendons and movements were mobile so we'd avoid obtaining any injuries.

Note: The warm-up drills should only make the muscles feel warm in preparation for the competition. The athlete shouldn't feel like their body is tired from doing the warm-up.

Another thing to keep in mind is that the warm-up preparation should vary based on the athletic conditions. Athletic preparation on hot days will differ to those on cold days where the athlete's muscle temperature can decrease easily.

You can use the following guide to warm up the body for high jump.

Warm up drill 1.

Warm-up jog.

2 slow jogs around the athletics track twice doing a slow jog. (800m). Alternatively, if you aren't at an athletics track, do a slow jog for 1km. The jog should take 5-8 minutes to complete.



Warm up stretching.

Conduct stretches that focus on the following areas.

Hamstrings

Quadriceps

Glutes

Calves

Triceps

Back

Neck

Core

Warm up run throughs

Conduct running accelerations of 40-60m at 60-70% of your top running speed. Do this at least 5 times.



Warm up drill 2. - Dynamic warm-up

This warm-up combines dynamic stretching and exercises with the warm-up run. You want to find a running route that is flat and that also a platform like a step or a bench, as well as a wall to incorporate some of the different warm-up drills. Aim for a route that is 1-2km long.

You will run and at each 100m interval, you will incorporate an exercise drill.

I want you to conduct the following exercise drills at least 8 times during your warm-up.

- Skipping runs
- Left side skips for 50m
- Right side skips for 50m
- Right leg take-off skips
- Left leg take-off skips
- Explosive step-ups (On a bench)

After you have finished the initial warm-up, you will need to stretch your muscles and conduct the run-throughs as stated above.