

Workout Warmup, By GoGoRunning

6 steps to a complete workout or race warmup:

1. [Lunge Matrix](#)
2. Easy 20 Min Run
3. [Running Drills](#)
4. 2x 1 Min Form Set – Align body vertically with hands extended straight up over your head. Drop arms while keeping posture. March in place to find the balls of your feet. Bring arms up to 90 degrees. Lean from the ankles (not waist) and let gravity begin your run. Count the number of steps you take in 1 minute. It should be between 180 and 190. Watch [this video](#) for more explanation.
5. Switch to racing flats
6. 80-100m Strides

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