

# ETG Warm-up

## Goals:

--- prepare brain and nervous system for high frequency electrical output to muscle and other tissues.

--- increase conversion of Pyruvate De-hydrogen-ase [PDH] from its in-active form to its active form [such that more ATP will be produced aerobically during the early portions of the workout/race, regardless of the workout/race distance or running velocity].

--- elevate oxygen demand such that there will be a lesser increase in the amount of oxygen consumption required when the workout/race begins.

## Part 1

### Jog 800 meters

- start very slowly, gradually progress to a moderate pace
- Run in the reverse direction around the track [starting on the turn]
- then walk 100m – 200m

## Part 2

### Run 200 meters

- start at a comfortably fast pace, gradually progress to fast pace
- Run in the reverse direction around the track [starting on the turn]
- then walk 100m – 200m

### Run 100 meters

- start at a comfortably fast pace, gradually progress to fast pace
- Run in the reverse direction around the track [starting on the turn]
- then walk 100m – 200m

## Part 3

### Run 50 meters

- start at a fast pace, progress to a sprint
- then walk 100m – 200m

### Sprint 25 meters

- from stationary start, progress quickly to max velocity
- rest, then start workout