

# Athlete Warm-Up Blueprint

*A practical pre-training and pre-match warm-up guide for athletes who want to perform better, reduce injury risk, and feel more prepared physically and mentally.*

## Introduction

Most athletes either skip warm-ups completely or rush through them without structure. A good warm-up should increase body temperature, improve mobility, activate key muscle groups, prepare the nervous system, and mentally switch you into performance mode.

This blueprint can be used before:

- Gym sessions
- Football training
- Matches
- Sprint sessions
- Conditioning work
- General athletic training

## 1. Raise Body Temperature (3–5 Minutes)

The goal here is to increase blood flow, body temperature, and heart rate.

- Light jog
- Skipping
- Bike or rower
- Lateral shuffles
- Carioca/grapevine movements

## 2. Mobility & Range of Motion (4–6 Minutes)

Dynamic mobility improves movement quality and prepares joints for explosive movement.

- World's greatest stretch
- Hip openers
- Hamstring sweeps
- Thoracic rotations
- Ankle mobility rocks

### 3. Muscle Activation (3–5 Minutes)

Activation drills help key muscles switch on properly before performance.

- Glute bridges
- Mini-band walks
- Dead bugs
- Plank variations
- Single-leg balance work

### 4. Movement Preparation (3–5 Minutes)

This stage bridges the gap between warming up and performing.

- A-skips
- Bounding
- High knees
- Acceleration build-ups
- Deceleration drills

### 5. Mental Preparation (1–2 Minutes)

Great athletes prepare mentally as well as physically.

- Controlled breathing
- Visualisation
- Positive self-talk
- Reviewing key objectives

### Example 15-Minute Athlete Warm-Up

Time	Focus	Examples
0–3 mins	Raise Temperature	Jogging, skipping, lateral movement
3–7 mins	Mobility	Hip openers, hamstring sweeps, rotations
7–10 mins	Activation	Glute bridges, core activation
10–13 mins	Movement Prep	A-skips, acceleration runs
13–15 mins	Mental Readiness	Breathing, focus, visualisation

## Common Warm-Up Mistakes

- Skipping the warm-up completely
- Doing static stretching only
- Rushing into maximum intensity too quickly
- Using the same warm-up regardless of session type
- Ignoring mobility restrictions and previous injuries

## Closing Notes

Consistency matters more than perfection. A structured warm-up performed consistently can improve performance, movement quality, and long-term durability.

Use this blueprint as a foundation and adapt it to your sport, body, and goals.

Train smart. Perform better.

## **24Performance**

**Helping athletes build stronger bodies, better movement, and higher performance.**