



Meath GAA Club Testing Warm Up

Mobility and Activation

- Players to complete 10min of Stretching, Mobility and Activation
- Lower back routine & Mobility:
 - Back rocks x 10, Crucifix x 6es, Scorpion x 6es, Cobra x 3, Mountain climber x 4 es w/ 5sec hold, Heel Press x 10, Good mornings x 10, Lateral Lunge x 5es, Reverse Lunge x 5es

Pre-Running* (Bronco 1.2 km Time Trial and 17 for 17 Skill Testing)

- Upon completion of mobility and activation, players should then perform a running based warm up in preparation for the Bronco 1.2km Time Trial and the 17 for 17 Skill Test.
- Using a 20m distance players to complete 5 run throughs to 20m building in intensity up to 80% max
 - After each run through is completed, each player is to perform a further mobility exercise whilst returning to the start line.
 - Walking A, Hamstring sweep, 3 Step Lateral shuffle w/ Sumo squat, Russian Soldier, A Skip;
 - Finishing with 1 set of Calf Pumps x 12 es
- Players to perform 3 x 3 step Accelerations and holding speed through to 20m
 - Each acceleration to build up to a max of 85/90%
- Allow all players 1-2min to finish with own tight area stretching.

Recommended Test Order

1. Bronco 1.2 km Time Trial, and
2. 17 for 17 Skill Testing.

