

QRL Referees Presentation 22/2/15 information flyer

10 minute warm up example: (all stretches below)

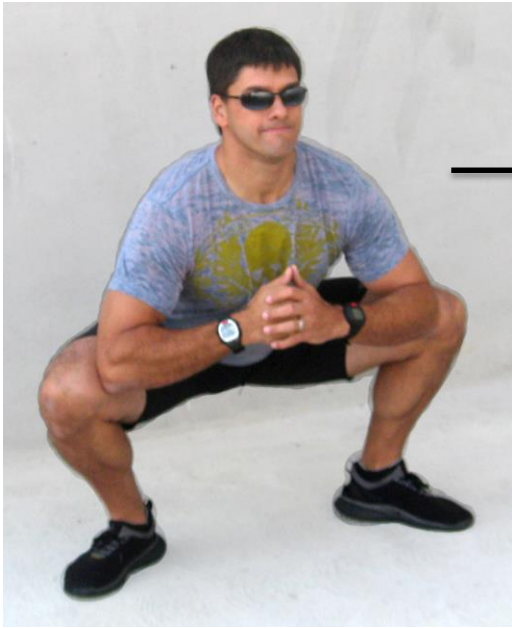
- 1-2 minutes jogging @ 50% maximum effort
- 30 seconds of walking glute stretch - a
- 30 seconds of walking hamstring stretch - b
- 30 seconds of walking sumo stretch - c
- 30 seconds of opening the gate stretch - d
- 30 seconds of closing the gate stretch - e
- 30 seconds of calf accelerators – f
- 30 seconds of walking quad stretch – g
- 30 seconds of butt flicks (moderate pace)
- 30 seconds of high knees (moderate pace)
- 30 seconds of butt flicks (higher intensity)
- 30 seconds of high knees (higher intensity)
- 30 seconds of tempo runs (40% increase to 80%)
- 2 minutes of dynamic stretching and addressing personal pre-habilitation.



A



B



C



D/E



F



G