



Warm Up



*“By failing to prepare, you are preparing to fail”
Benjamin Franklin*

A structured warm up is a very important part of a squash player's pre-match or pre-training routine. Warming up will not only reduce the risk of injury but it will prepare the body for the physical demands it is about to endure. The warm up should be squash specific with movements which mimic those needed for playing.

The warm up will differ in length and content for each person but it should last between 10 and 20 minutes. The structure should be the same:

- ➔ **Pulse Raiser; Increasing heart rate and body temperature**
- ➔ **Mobility and Dynamic stretching of the major joints and muscles**
- ➔ **Squash specific movements**

EXAMPLE WARM UP WITH SPACE

Duration: Approximately 15 mins

Phase 1: Pulse raiser

- Jogging (2 mins)
- Sidesteps (30 secs)
- Heel kicks (30 secs)
- High knees (30 secs)
- Crossovers (30 secs)
- Jogging (1 min)- slightly faster than at the start

Total time: 5 mins

Phase 2: Dynamic stretching

- Quad stretch (30 secs)
- Hamstring stretch (30 secs)
- Lunge with a twist (30 secs)



Warm Up

- Spiderman Walks
- Alternate forward lunges (30 secs)
- Alternate lateral lunges (30 secs)
- Squats (30 secs)
- Alternate drop lunges (20 secs)
- Drop Squats (20 secs)
- Lunge changeovers (20 secs)

Total time: 5 mins

Phase 3: Squash Specific

- 5 jumps on the T to backward ghost (4 each side)
- 1 step ghost to front two corners (20 secs)
- 1 step ghost to back two corners (20 secs)
- 1 step ghost all points (20 secs)
- Ghosting all points (20 secs)

Repeat all exercises from 1-5 until 5 minutes is reached

Total time: 5 mins

EXAMPLE WARM UP WITH REDUCED SPACE

Sometimes there is not space for you to warm up because all of the courts have been used, here is a warm up that you can do:

Duration: Approximately 15 mins

Phase 1: Pulse raiser

- Jogging on the spot (2 mins)
- Sprint on the spot (30 secs)
- Heel kicks on the spot (30 secs)
- High knees on the spot (30 secs)
- Quick Jumps (30 secs)
- Jogging on the spot (1 min)- slightly faster than at the start

Total time: 5 mins



Warm Up

Phase 2: Dynamic stretching

- Quad stretch (30 secs)
- Hamstring stretch (30 secs)
- Spiderman Walks
- Alternate forward lunges (30 secs)
- Alternate lateral lunges (30 secs)
- Squats (30 secs)
- Alternate drop lunges (20 secs)
- Drop Squats (20 secs)
- Lunge changeovers (20 secs)

Total time: 5 mins

Phase 3: Squash Specific

- 5 jumps on the spot and into one step ghost (4 each side)
- 1 step ghost to front two sides (20 secs)
- 1 step ghost to back two sides (20 secs)
- 1 step ghost all points (20 secs)
- Quick feet; front and back, sides, twist (20 secs)

Repeat all exercises from 1-5 until 5 minutes is reached

Total time: 5 mins