



Warm Up and Cool Down

PRE-RUN WARM UP AND DYNAMIC STRETCHING

1. Start with easy walking or jogging to warm your muscles and increase the blood and lymphatic flow.
2. Dynamic stretching, which uses controlled leg movements to improve range of motion, loosens up muscles and increases heart rate, body temperature, and blood flow to help you run more efficiently. Dynamic stretching is most effective when it's sport-specific. This pre-run routine targets the muscles used for running. Start slowly, focusing on form; as the exercises get easier, pick up speed. Use small movements for the first few reps and increase the range of motion as you go.

LEG LIFTS

Swing one leg out to the side, and then swing it back across your body in front of your other leg. Repeat 10 times on each side. Hold onto a steady object for support

BUTT-KICKS

While standing, walk forward with an exaggerated backswing so that your heels come up to your gluteus. When this is easy, try it while jogging. Do 10 reps on each side.

WALKING LUNGES

Step forward using a long stride, keeping the front knee over or just behind your toes. Lower your body by dropping your back knee toward the ground. Maintain an upright posture and keep your abdominal muscles tight.

HIP CIRCLES

Standing with your feet hip width apart with your hands on your hips, rotate your hips in circles in a clockwise and then counter clockwise pattern ten times each direction.

ARM ROTATION

Rotate your arms from back to front 10 times, and then rotate them in circular motion.

POST RUN STATIC STRECHING

Performing stretching exercises after a run will help you cool down gradually, improve your flexibility and prevent injury.

- Breathe deeply and regularly during the stretches. Aim to stretch to the point of feeling tightness or slight discomfort.
- You should not feel any pain when doing these exercises. If you do, stop and seek medical advice.

Hip flexor stretch – hold for 15 seconds

Step your left leg forward, keeping both feet pointing straight ahead. Keeping your back leg straight and avoiding sticking your buttock out and arching your back, slowly bend your front leg and push your right buttock forward until you feel a stretch across the front of your right hip joint. Repeat with the other leg.



Thigh stretch – hold for 15 seconds

Grab the top of your left foot behind you and gently pull your heel towards your left buttock to stretch the front of the thigh, keeping the knees touching. Avoid leaning forwards or to the side. Repeat with the other leg.

Tip: place a hand on a wall or bench for balance



Hamstring stretch – hold for 15 seconds

Stand with your right leg just in front of the other and your hands on your hips. Keeping your right leg straight and toes pointing up bend your left leg. Bend towards your right leg, keeping your back straight.



ITB (iliotibial band) stretch – hold for 15 seconds

To stretch your right ITB, cross your right leg behind your left leg. Keeping both feet on the ground, lean to your left side and push your right hip outwards. Don't bend forwards or stick your buttocks out. You should feel the stretch along your outer right thigh and hip.



Calf stretch – hold for 15 seconds

Step your right leg forward. Bend your front leg and keep your back leg straight. Both feet should point forwards. Push your left heel into the ground, keeping your left leg straight. You should feel the stretch at the back of your left leg, below the knee.

Repeat with the opposite leg.



Lower back stretch – hold for 15 seconds

Lie on your back with both feet flat. Pull your right knee to your chest until you feel a stretch in your lower back. Hold for up to 15 seconds and repeat with the left leg. Then pull both knees to your chest and hold for up to 15 seconds.



Buttock stretch – hold for 15 seconds

Lie on your back with your knees bent and both feet flat on the floor. Cross your right leg over your left thigh. Grasp the back of your left thigh with both hands and pull the left leg toward your chest. Repeat with the opposite leg.

