

## Warm Ups & Cool Downs

Each run session should start with about 5 minutes gentle jog or walk then:

1. Warm up – dynamic stretches
2. Warm up – drills
3. Main set – the run!
4. Cool down – static stretches



### **1 Warm up (1) – Dynamic stretches**

*Getting the body moving, warming up joints and muscles, helping to prevent injuries. About 5 minutes total*

- Arm swings and circles
- Leg swings
- Waist twists
- Hip circles



### **2 Warm up (2) – Drills**

*Drills continue the warm up process getting the body ready to run. They help increase the range of motion in joints and will improve your running technique.*

*Repeat each exercise 3 times over a short distance (about 20 metres). About 10-15 minutes total.*

- High knees – bring your knees up in front of you to level with your hips
- Heel kicks – put your hands on your bottom (palms up) and bring your heels up to touch (or nearly touch) them
- Fast feet – tiny steps as fast as you can. Pump your arms
- Sideways steps (Greek dance) – arms out to the side, step sideways crossing legs in front then behind in turn
- Skipping – big skipping steps with high knees + swing your arms



### **3 Main set – the run!**

*This is the main part of the session and can last anything from 20 minutes to several hours depending on the distance you're training for. There are basically three types of run sessions:*

1. Endurance - a long, steady run
2. Speed sessions – intervals run at a faster pace than normal
3. Strength sessions – sessions to increase the power in your legs.

*Mix the sessions up – variety will get you fitter and put less strain on your joints.*

*For examples of all these sessions please see overleaf.*

### **4 Cool Down – Static stretches**

*One of the most important parts of your run session. Important for injury prevention + helps prevent muscle tightness so you'll be ready to train again soon! About 5-10 minutes.*

- If you've been running hard start your cool down with a gentle jog for 5-10 minutes until your heart rate returns to normal. Then:
- Calf stretch – step backwards with one leg. Front leg has knee bent, back leg straight with heel pushed to the ground. Repeat both legs.
- Hamstring stretch – one knee bent, other leg straight out in front with toes on ground. Lean on the bent leg above knee and keep back straight. Repeat both legs
- Quad stretch – stand upright, one leg bent holding your foot behind you. Keep your knees together and push the hip of the bent leg forward. Repeat both legs.
- Shoulder stretches – straight arm across body, bent arm with hand behind neck, both arms up then forward then behind.