

RUNNING: WARM UP

Warming up for exercise is extremely important to reduce the likelihood of an injury occurring. Here is a simple warm up you can do anywhere, and it doesn't take long to do!



- **Jogging**
- This is to gradually increase your heart rate in preparation for exercise and warm up the muscles. It is very important in reducing the occurrence of an injury!
- Start off jogging at a slow and steady pace and stride.
- As you warm up, gradually increase your pace and stride.
- Continue for 5 minutes (or build up walk-jog if a new runner).



- **Heel Kicks**
- Flick your heels to your bum as you are jogging along at a slow pace. Pump your arms in opposite directions to your legs to help flick your heel backwards.
- This exercise stretches out the front of your thigh and activates the muscles in the back of the thigh.
- Repeat for 2 minutes.



- **High Knees**
- In a skipping motion, bring your knee as high as you can to activate your hip flexors and stretching the back of your hip.
- Swing the arms opposite to the legs to help drive the knee higher. Bounce up for the next one as you change, warming the lower leg musculature.
- Repeat for 2 minutes.



- **Walking Lunges**
- Take a large stride forwards, bending both of your knees to lower you closer to the floor.
- Push off the back leg to bring you to stand on your front leg.
- Back leg then lunges forwards in to the next exercise.
- Maintain an upright posture and keep knees in line with feet.
- Repeat for 2 minutes.

RUNNING: COOL DOWN

Cooling down the body gradually after exercise is important to reduce the buildup of toxins within the muscles, such as lactic acid, helping muscles recover and decrease muscle tension and delayed onset muscle soreness (DOMS).



- **Quadriceps Stretch**
- Bring your heel to your bum and hold the stretch.
- Keep knees together.
- Hold the stretch for 60 seconds.
- Repeat on both legs.



- **Hamstring Stretch**
- Lie on your back and bring one leg to point upwards.
- Hold the back of your thigh and straighten your leg until you feel a stretch on the back of your thigh.
- Hold the stretch for 60 seconds.
- Repeat on both legs.



- **Hip Flexor Stretch**
- Go in to the lunge position (as in warm up) and lower all the way down to the floor so your back knee is weight-bearing.
- Push your hips forwards until you feel a stretch up the front of the thigh and hip. Reach the same arm as your back leg above your head, keeping your body upright.
- Hold stretch for 60 seconds and repeat on the other side.



- Stand one foot in front of the other, facing a wall, feet forwards.
- **Gastrocnemius Stretch:** Keeping the back leg straight, push the back heel in to the floor. Feel a stretch down the back of the lower leg.
- **Soleus Stretch:** Bring the back heel closer in and bend the back knee until you feel a stretch at the back of the ankle.
- Hold stretch for 60 seconds and repeat on the other side.