

WARM UP ROUTINE.

The following warm up routine will help you prepare for running by introducing some simple *dynamic* stretching exercises. Dynamic exercises are movement-centred to help warm key muscle groups up, mobilize your joints and help optimise your flexibility and range of movement. These exercises will also help to increase your heart rate to prepare you for your running session.

NB: If you experience any pain in doing any of these exercises, please do not continue with the exercise.

1. Neck exercises (5 each side): Stand tall with feet a hip-width apart, relax shoulders. Gently turn your head so that your chin meets your shoulder. Only turn neck as far as you feel comfortable. Repeat other side.



2. Neck exercise (X5): imagine drawing a line with you nose and nod your head forward and back gently.



3. Gently move your shoulder blades back and down in a circular motion to loosen your shoulders (X5)



4. To mobilise your shoulders and begin to raise your heart rate, hold your arms out horizontally to form a 'T' shape. Begin with small circles and increase the circle size. Repeat once in the opposite direction.



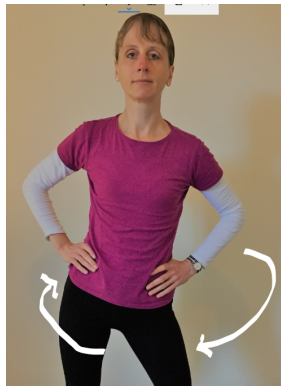
5. Windmills: Stand facing forward, gently rotate your arms backwards several times.



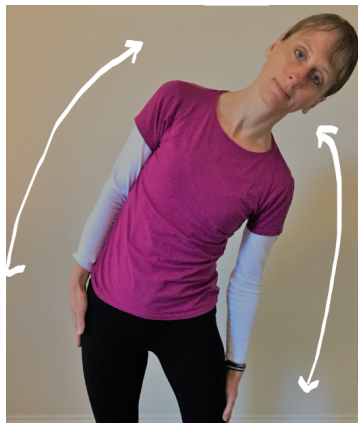
6: Standing twists [upper body warm up and chest opener]: stand facing forward with arms straight up and parallel with each other. Move your right arm back to horizontal position behind you and follow with your gaze to your right hand. Your left arm should also be horizontal in front of you. Try to keep your hips facing forwards. Repeat the other way round X3.



7. Hip rotation exercise [to mobilise hips and pelvis area]: rotate your hips as if you have a hoola hoop! Repeat several times clockwise and anti-clockwise.



8. Side stretches: stand tall with your arms at your sides. Move your left hand down your leg and tilt your body to the left. Repeat on right hand side X5



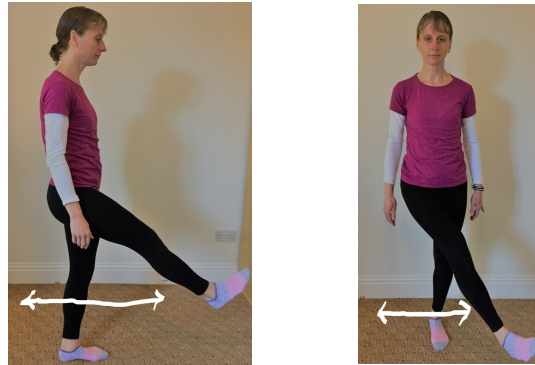
9. Dynamic adductor (inner thigh) stretch: place your feet wider than your hips with feet facing forwards. Hands on hips. Bend right knee over toes to create movement and stretch, then move to upright position and repeat on your left side. Keep moving from left to right several times.



10. Leg lifts with gentle torso twist: Alternate leg lifts bring knee up to a right angle and touching it with your opposite elbow X10



11. Forward and lateral (side-to-side) leg swings: Stand on one leg and squeeze glutes to aid standing leg. Swing your other leg gently backwards and forwards (5 per leg) to mobilise hips and help warm up leg muscles (e.g. hamstrings). Take care not to collapse into your hips (keeping them level will prevent catching the floor with your foot).



12. Hip openers: Raise one leg to a right angle position and 'open out' as far as comfortable to the side and place foot back on ground. This movement can be reversed to start with leg out at a right angle and bringing in to meet the standing leg. X3 each side.



13. Ankle rotations: Gently rotate each ankle to mobilise your ankle joints.



14. Finally, to really get your heart rate elevated to prepare you for your run, finish your warm-up routine with:

5-10 squats. Take care to keep your knees over your feet and avoid letting your knees collapse in:



Jogging on the spot with high knees (bring knee to hip height) for 20 seconds.

Jogging on the spot with air punches (use arms to punch upwards and out in front of you) for 20 seconds.