

# Running *Warm-up and Stretches*

Proper warm-up routines and stretching exercises are key to staying healthy when preparing for a run. In five to ten minutes, you can prepare your body for miles of running. Follow this simple routine every time your foot hits the pavement. Complete each exercise, in 15-yard intervals, twice.

## **Jogging** - *Slow jog.*

- Hip, knee and ankle should be in alignment when hitting the ground
- Try not to cave at the knee
- Focus on soft landings



## **High Knees** - *Bring knees up toward chest while moving in a forward direction.*

- Drive one knee up at a time, alternating with each step
- Step, high knee right, step, high knee left, alternating arm swing with each step
- Pump arms
- Keep a quick tempo
- Focus on soft landings



## **Butt Kicks** - *Snap heels up toward buttocks while moving in a forward direction.*

- Drive one heel up to butt at a time, alternating with each step
- Pump arms
- Keep a quick tempo
- Focus on soft landings



## **Skipping** - *An easy skip with a relaxed upper body.*

- Step, hop right, step, hop left, alternating arm swing with each step
- Concentrate on rhythm
- Focus on soft landings



## **Cherry Pickers** - *Drive knee high with the opposite arm swinging high.*

- Focus on soft landings and body balance
- Relax shoulders but use arm to generate height
- Avoid knee caving in upon landing



**Carioca** - Utilizing hip muscles, alternate stepping forward and backward moving in a lateral direction.

- Keep quick feet and knee slightly bent
- Open hips to rotate feet around
- Focus on soft landings
- Relax shoulders and swing opposite the hip rotation



**Twist** - Focus: core muscles

1. Rotate upper body to the left as you slightly lift your right heel
2. Rotate to your right while slightly lifting your left heel



**Walking Quad with Calf Raise** - Focus: quadriceps and hip flexors

1. Standing upright, kick right heel back toward buttocks
2. Grab right foot with your right hand
3. Your knee should be pointed downward and left foot flexed with heel off the ground
4. Hold for 3 seconds, release right leg and step forward
5. Repeat sequence on left side



**Knee Hugs** - Focus: hamstrings and glutes

1. Standing upright, lift left knee to chest
2. Grab below your left knee with both hands and pull toward chest
3. Keep your chest up and perform a calf raise on opposite side
4. Hold for 3 seconds, release left knee and step forward and repeat with opposite leg
5. Repeat sequence with right knee



**Hip Rotator** - Focus: glutes and abductors

1. Standing upright, lift left knee to chest
2. Place both hands under your left shin
3. Pull left leg as close as you can to your chest
4. Keep chest up and perform a calf raise on opposite side



**Lateral Lunge** - Focus: groin and adductors

1. From a standing position with legs shoulder width apart, step out laterally to the right
2. Keep your toes pointed straight and feet flat
3. Squat by sitting back and down toward your right leg
4. Keep left leg straight and your weight on your right heel
5. Do not let right knee extend over toes
6. Return to standing position and repeat on opposite side



**Inch Worm** - Focus: hamstring

1. Stand with legs straight and hands on the floor
2. Keep the legs straight and walk hands out in front of you into a push up position
3. Keep back flat
4. Keeping your legs straight, walk feet toward your hands taking baby steps until feet reach your hands or your knees start to bend

