



WARM-UP PROTOCOL

1. 10 – 15 minute easy jog warm-up
2. Dynamic Stretching
3. Drills
4. Strides 4 x 100 yards w/ short break between.

1. TEN MINUTE EASY JOG WARM-UP

Some runners may want to warm up for less or more than the 10 minutes provided by the group. Encourage these runners to show up a bit early if they need a longer warm-up or to take off on their own to do a shorter one before the actual workout starts.

2. DYNAMIC STRETCHES

Researchers now believe that some of the more entrenched elements of many athletes' warm-up regimens are not only a waste of time but actually bad for you. The old presumption that holding a stretch for 20 to 30 seconds — known as static stretching — primes muscles for a workout is dead wrong. It actually weakens them.

The correct warm-up should loosen muscles and tendons to increase the range of motion of various joints, and literally warm up the body. When you're at rest, there's less blood flow to muscles and tendons, and they stiffen. Tissues and tendons need to be made compliant before beginning exercise

Check out this [article](#) if you are curious about the research and reasons why dynamic stretching before exercise is most effective:

A. EASY BUTT KICKS: While standing tall, walk forward with an exaggerated backswing so that your heels come up to your glutes. When this is easy, try it while jogging. Do 10 reps on each side.



B. SKIPS: Drive the knee up toward the sky pushing off your back foot. Use arms to drive upward. Land and quickly repeat on the other side. Do 10 – 20 total skips



C. TOY SOLDIER: Keeping your back and knees straight, walk forward, lifting your legs straight out in front and flexing your toes. Advance this by adding a skipping motion. Do 10 reps on each side.





D. CARIOCA: With your shoulders square and facing forward, move in a sideways direction crossing your left leg in front of your right leg, bring your right leg through, and then cross your left leg behind your right leg. Go 30 meters one way, continue facing the same direction, and go back the other way, right leg crossing in front of left



E. CALVE STRETCH: From a standing position push your left foot back with heel on the ground and your weight on your front leg. Hold for ½ second and switch to right foot back. Keep switching until you have 10 on each side



F. PROPELLER ARMS: With arms by your side, swing arms forward while walking forward. Do 10 swings, then switch arm rotation to backwards for 10 swings.





3. DRILLS:

The exercises serve as an excellent warm-up tool for both training and competitive situations. After all, running drills imitate specific characteristics of technically sound running form, including upright posture of the trunk and spinal column, proper carriage of the arms during the running stride, proper knee drive and leg action and the coordinated dynamic balance associated with shifting weight from one leg to the other

The drills help to develop the important proprioceptive and kinaesthetic (body awareness) abilities that a runner must have to deal with changes in terrain while running, and to "change gears" while training or racing. The drills are performed slowly at first while developing a "feel" for proper technique, and proper technique is then gradually carried over to drills and runs carried out at faster speeds

The exercises also help to strengthen specific muscle groups needed for powerful running, especially the muscles of the feet, calves, shins, thighs and hips. The ankle, knee and hip joints undergo considerable flexion and extension during the running stride, and each of these joints is exercised through a similar or greater range of motion during the various drills.

A. FAST BUTT KICKS: This drill increases speed and the effectiveness of the hamstrings

The thighs should point directly down and should not move

Body position is slightly forward

Kick leg up FAST towards bottom

Focus on a fast but smooth action

This drill is all about speed of movement, not the distance you travel.



B. FAST HIGH KNEES: This drill increases leg turnover and improves knee lift

Keep an upright posture with a very slight forward lean

Rapidly lift and drive down the knees

Think "fast feet" "fast knees."



STRIDES:

- Strides are short fast accelerations of 60 to 100 metres in which you ran fast but not all out.
- Improved leg speed - to run fast, you gotta run fast
- Improved flexibility and coordination - faster running puts your legs through a more complete range of motion; quicker leg turnover forces you to coordinate your movements to prevent tripping or stumbling
- Improved running economy - training your muscles to run fast and relaxed over a short distance should translate into faster, relaxed running at longer distances.



POST WORKOUT STATIC STRETCHES

1. Standing Quad Stretch (iliopsoas):

- Stand on one leg.
- Grab your foot near the ankle and bring up towards your butt.
- Push your hips slightly forward into the stretch.



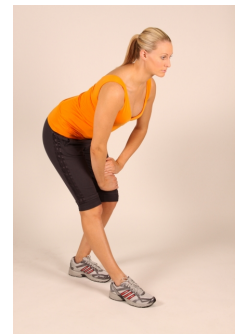
2. Calf Stretch (gastrocnemius and soleus):

- While standing pushing one foot back with your heel on the ground.
- Keep heel straight and stretch (gastrocnemius) holding for 20 seconds.
- Switch to other leg.
- You can also bend the back knee to stretch the soleus.



3. Hamstring Stretch

- Place one foot out in front with foot flat on the floor.
- Slightly bend the knee of the leg being stretched.
- Bend from the hips and not the low back until a stretch is felt in the back of the upper leg.



4. Squatting Adductor Stretch

- stand with your feet wider than shoulder width apart.
- Keep one leg straight and toes facing forward while bending the other leg and turning your toes out to the side. You will feel the stretch along your inner thigh





5. Hip Flexor Stretch

- Kneel down onto one knee while keeping the front knee bent.
- Tuck pelvis under and push gently forward through your hip.
- Squeeze the butt cheek of the leg on the ground.
- Repeat on other side.



6. Pec Stretch against immovable object

- Stand with your arm bent up at 90° and pushed against a wall.
- Push slightly forward through the arm and check connection.
- Repeat on other side.

