

## Dynamic Warm-Up and Static Cool Down

### Dynamic Warm-Up

The purpose of a dynamic warm-up is to incorporate active movement prior to a run in order to prepare your body for the demands of running, to increase blood circulation to your glutes, quads, hamstrings, and core, to stimulate the nervous system, to improve balance and coordination, and to improve muscular flexibility and joint mobility: all with the goal to improve athletic performance.

A dynamic warm-up differs from a static stretching routine in that you move through a range of motion for 10-20 repetitions versus holding a stretch at end range. Static stretches are better placed at the end of the workout as a cool down, as recent evidence has shown that static stretching prior to athletic activities can actually increase your risk for injury.

For each of the following activities, perform 10-20 reps. The dynamic warm-up should take 5-10 minutes to complete.

**High Knees:** Stand tall and flex your hip to bring your knee up to your chest. Alternate legs. This can be done in one place or you can perform a walking march. Make sure you maintain tall posture.

**High Kicks:** Stand tall and kick your right leg up towards your extended left arm. Next kick your left leg towards your right extended arm. Try to keep your knees straight and your posture tall. This can be done in place or as you walk forward.

**Lunge Walk:** Step forward with your right leg and bend your knee into a lunge position. Bring your left leg forward so it ends up next to your right leg. Repeat with the left leg. Make sure you keep your body tall and do not let the knee on the lunging leg move past your toes.



**Hip Openers:** Start the movement like you are performing a march. Sweep your knee to the outside in a half circle motion. Repeat with the other leg. Keep your body tall.

**Hip Closers:** Bring your knee up to the side of your body. Sweep your knee to the inside in a half circle motion. Repeat with the other leg. Keep your body tall.

**Hip Swings (Front to Back):** Stand on one leg. Swing the other leg forward and backwards while keeping your knee straight. Keep your body tall.

**Hip Swings (Side to Side):** Stand on one leg. Swing the other leg in front of you and then out to the side. Keep your body tall.

**Runners:** Stand on a slightly bent leg. Bring the opposite knee towards your chest and then extend the leg behind you. You can either maintain your balance the entire time, or tap your toe to the ground behind you. Swing your opposite arm up as you swing your leg up in order to mimic a sprint arm drive.

**Carioca:** Perform a side step motion bringing your leg in front of you and then behind you. Switch directions.

**Side Shuffle:** Start with your knees slightly flexed. Side step one direction and then switch directions. Keep your upper body upright.

**Butt Kicks:** Flex your knee and bring your heel towards your bottom. Repeat on your other leg. This can be done in one place or while moving. Keep your upper body upright.

**Skips:** Perform a skipping motion as you drive your knee upwards at the same time you drive your opposite arm upwards



## **Static Stretches- Cool Down**

Your cool down is a good place to add static stretches into your program because your muscles will be warm.

Hold each stretch for 30 seconds and repeat 3 times on both sides

**Calf Stretch (Straight Knee):** Place your arms up on a wall and stretch one leg behind you while bending the front knee. Straighten out the back knee while keeping your heel on the ground and your toes pointing straight ahead.

**Calf Stretch (Bent Knee):** Place your arms up on a wall and stretch one leg behind you while bending the front knee. Bend your back knee while keeping your heel on the ground and your toes pointing straight ahead.

**Quad Stretch:** Grab your ankle and bend your knee so your heel comes towards your bottom. Hold onto something for balance. Try to keep your thighs parallel to each other.

**Hamstring Stretch:** Place the heel of one foot on a curb or low step. While keeping your knee straight, lean forward. Keep your back straight while hinging at the hips.

**IT Band Stretch:** Cross one leg in front of the other. Raise the arm on the side of your back leg overhead. Lean away from the back leg.

**Standing Figure 4 Stretch:** Hold onto something for balance. Cross one leg over the other one. Sit back and bend the knee of the leg you are standing on.

**Hip Flexor Stretch:** Get into a kneeling position with one leg out in front of you. Shift your hips and body forward. Keep your body tall and make sure your front knee does not travel over your toes.

