

Pre-run/race Warm-Up And Cool Down

“Luck is when hard work meets opportunity.”

Why warm up?

- Moves fuel (glycogen / glucose) to the working muscles
- Increased blood flow to the muscles & increased enzyme activity
- Increases your heart rate (want to be at 120 BPM at race start)
- Increases your core body temperature (about 101.5⁰F)
- Lengthens muscles and increases stride length
- Consistent warm-up routine prepares you mentally to race

How to warm up before a run (this should also be used on race day)

1. Run for 10 mins

2. **Dynamic(stretching) flexibility** : Dynamic stretches are achieved by performing exercises, which use similar muscles and movements that will help your body prepare for movements it will do during your run. Doing these routinely before you exercise can help reduce the risk of injury.

1 set of 15 reps for each drill for each leg Gradually build to 30

-Side/behind leg raises



Eagles



-dirty dogs



leg swings side to side



leg swing front to back



scissors



Scorpions

