



Transform Your Running in 12 Weeks Level 2

Dynamic stretching warm up

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Any questions? Contact us!

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Warming up for run session

Start your warm up with 5 mins easy jogging to warm up your core temp and start blood flow to joints.

Spend at least 5-10 mins on this dynamic stretching routine.

Dynamic stretching to warm up

Dynamic stretching involves moving the muscles through a range of movement that you will mimic in the activity that you will be doing. It is probably the best form of stretching that you can do prior to exercise. Dynamic stretching has been demonstrated through research to enhance flexibility and can improve optimum flexibility essential for all sports.

All exercises should proceed gently and be progressive.

Ankle rotations. In order to increase the synovial fluid into the ankle joint you need to do some ankle rotations. Do at least five rotations each direction and two times each way. Keep your toes on the ground and rotate your ankles.

Knee rotations. Put your feet together and your knees together. Put your hands onto your kneecaps and then bend your knees and move your knees in big circles. Do 5 each direction.

Hip rotations. Have your feet shoulder width apart and your knees slightly bent. Do big hip rotations as if you were spinning a hula hoop around. Do 5 repetitions each way twice.

Forward leg swings. Hold on to a fence/wall/tree/ other person and slowly swing your leg forward keeping the toes pointing upwards and keeping the leg as straight as you can. Aim to do at least 15 repetitions progressively getting higher with each swing. You will feel this stretching in your hamstring (behind your thigh) and maybe in your groin on the supporting leg.

Pendulum leg swings. Facing the object you are holding onto swing your leg in front of your body to the side and then through to the other side keeping the leg straight. Keep the toes pointing up at both ends. Once again aim to do 15 repetitions and progressively get higher with each swing. You will feel this stretching around your hips and maybe in the supporting leg around the knee and ankle.

Backward swings. Holding onto to a fence or wall keep the body as upright as possible and swing one leg backwards keeping it as straight as possible. Try to keep your toes pointing downwards. You will feel this stretch in your lower back, buttocks and maybe in the groin of the opposite leg. Repeat for 15 repetitions.

Lunges. Take a big stride and drop the rear leg knee towards the floor so that it is about an inch off the floor. Keep the front leg knee bent and over the ankle. Proceed with another couple of strides alternating legs. This will stretch the groin, hamstring and quadriceps muscles. Continue over 10 m. Repeat 3-5 times depending on skill level.

High Knee Cross Overs. Start by standing upright with shoulders and hips facing forward. To move to the left, cross your right leg behind the left leg, swinging your arms opposite to that leg, and then step to the side with the left leg, again swinging your arms in the opposite direction. Now bring the right knee high up to 90 degrees and cross in front of the left leg. Step to the side with left leg. Continue for 20 m and then stop and move in the opposite direction.