

Dynamic Warm-up: Distance Running

*These warm-up exercises should be performed after a light 3-5 minute jog.

Forward/ Backward Arm Circles with Skip

1. With a light skip, move in a forward motion.
2. Begin swinging your arms forward simultaneously, making big circles in a controlled manner.
3. Continue this movement for approximately 40 meters.
4. Repeat the same action for another 40 meters, only swinging your arms backward simultaneously.

Purpose: This exercise begins to warm up the entire body.

- The skipping helps, primarily, with the neuromuscular connection between your muscles and your brain.
- The arm circles loosen up the upper body muscles.
- Increases core body temperature.

The Ninja

1. Jog forward a few steps.
2. Swing one leg out in front and slightly across the body.
3. Simultaneously swing the opposite arm from back to front, rotating your arm in a full circle, to touch the toe of the leg that is swinging.
4. Jog a few more steps and repeat the same motion with the opposite arm and leg.
5. Try to remain upright and not flex from your trunk.
6. Repeat this exercise for about 40 meters.

Purpose: This exercise warms up the entire body.

- The light jog warms up the lower leg muscles.
- The leg that swings forward, stretches the hamstrings and glutes, and activates the hip flexors.
- Swinging the arm warms up the upper body.
- The core is activated in stabilizing the body.
- The balance leg activates its stabilizing muscles.

A March/Skip

1. In a standing position, flex the hip of one of your legs until the hip joint is bent past 90 degrees.
2. Make sure that the ankle is dorsiflexed and that your heel runs right up the shin (without touching) of the other leg, keeping your foot under your hip.
3. Swing your opposite arm as if you were running, exaggerating the movement.
4. Straighten your leg and return it to ground, repeating same motion with opposite leg, moving forward in a march.
5. Once you are comfortable with the march, add a skip between each step.
6. Keep this rhythm for about 40 meters.

Purpose: This warms up the lower leg muscles.

- The hip flexors, hamstrings, and anterior lower leg muscles become activated.
- Keeping the foot underneath your hips aids in running form and forces you to strike the ground underneath the body.
- Keeping a bouncing rhythm gets you up on your toes, mimicking a mid-foot or toe strike as well as improving neuromuscular coordination.
- Improves strength in the lower anterior leg muscles and hip flexors.
- Activates the core to stabilize the body.
- Increases heart rate and blood flow.

B Skip

1. Start in A Skip (above).
2. Once your knee reaches its highest point, extend the knee and accelerate the leg back to the ground where the foot scrapes the ground underneath your body.
3. Remember to pull from your glutes and hamstrings.
4. Repeat the same actions for the opposite leg.
5. Keep this rhythm for about 40 meters.

Purpose: This warms up the lower leg muscles

- The hip flexors, hamstrings, glutes, and anterior lower leg muscles become activated.
- Keeping the foot underneath your hips aids in form and forces you to strike the ground underneath the body.
- Keeping a bouncing rhythm gets you up on your toes, mimicking a mid-foot or toe strike as well as improving neuromuscular coordination.
- Improves strength in the lower anterior leg muscles, hip flexors, gluts and hamstrings.
- Activates the core in order to stabilize the body.
- Increases heart rate and blood flow.

Walking Lunge

1. From a standing position, flex the hip of one of your legs, keeping the ankle dorsiflexed much like A-skip.
2. Extend the flexed leg out in front of you into a lunge position.
3. Make sure the knee angle is at about 90 degrees and your knee is behind your toes, right under your ankle.
4. Take your opposite arm and extend it straight up into the air (flexing the shoulder), leaning back slightly.
5. Hold this for 3 to 5 seconds.
6. Bring your back leg forward to a standing position, then repeat the same movement for the other leg.
7. Lunge 4 times forward and 4 times backward with each leg.

Purpose: Warms up the body

- Warms up the lower leg muscles and core.
- Improves strength and stability in the legs and core.
- Improves balance.

- Improves the flexibility in the hip flexors.

Standing Single Leg Heel Rotations

1. From a standing position, flex the hip of one of your legs, keeping the ankle dorsiflexed much like A-skip.
2. Keeping the leg flexed, tighten your core to maintain balance and begin to rotate your entire body slowly to the right.
3. Return to center, pause, and then rotate slowly to the left.
4. Make sure the rotation comes from the ankle of the leg that you are balancing on (not just rotating the upper body).
5. Repeat movement with the opposite leg.
6. Do this about 6-8 times per leg.

Purpose: Warms up the leg muscles

- Improves balance and stability.
- Strengthens the muscles surrounding the ankles.
- Decreases risk for Achilles tendonitis.
- Increases flexibility of the lateral leg muscles.

Leg Cradle

1. From a standing position, flex the hip of one of your legs.
2. Rotate your knee outward while you lift the ankle toward your midsection.
3. Cradle your leg with both hands, grabbing at the ankle and knee.
4. On the leg that you are balancing on, plantar flex your foot so you rise onto the ball of your foot.
5. Repeat for the opposite leg.
6. Do this about 6-8 times per leg.

Purpose: Warms up the lower leg muscles

- Improve balance and stability.
- Increase the flexibility in the glutes, hamstrings, and lower back.
- Strengthen the calf muscles.

Lateral Crossovers

1. From a standing position, begin to move in a lateral motion.
2. Much like A skip, flex your trailing hip while keeping your ankle is dorsiflexed.
3. Cross the flexed hip over the lead leg.
4. Once you strike the ground, repeat the same action for about 40 meters.
5. Remember to keep your hips square.
6. Facing the same direction, repeat the same action in the opposite direction.
7. Note: this exercise is much like the Karaoke, except you do not swing the leg behind your body or twist your hips.

Purpose: Warms up the entire body.

- Activates and strengthens the lateral leg muscles.

- Increases heart rate.
- Strengthens hip flexors and gluts.
- Stretches the IT band

Scorpion

1. Lay on your stomach with your arms perpendicular to your body.
2. Swing your right leg across your body and try to touch your left hand with your right foot.
3. Keep your chest on the ground, but let your hips twist naturally.
4. Repeat the same exercise with the opposite leg.
5. Do this 10 times with each leg.

Purpose: Warms up the lower body

- Increases flexibility in your IT band, hip flexors, and core.
- Increases strength in your glutes, hamstrings, and lower back.

Standing Leg Swings

1. Find a wall or some object that you can use to balance.
2. Facing the wall, place both hands on the wall and begin to swing a leg across your body while balancing on the other leg.
3. Your leg should act like the pendulum of a clock, swinging back and forth across your body.
4. Do this exercise 8-10 times per leg, with one repetition equal to your leg swinging across your body and back to starting position.

Purpose: Warm up the leg muscles

- Increases flexibility in your IT band, glutes, abductors, and adductors.
- Warms up your core muscles