

RUNNER DYNAMIC WARM UP - SHORT

Hamstring Walk - Single Leg



Take a half step forward with your right leg, keeping your toes up towards the ceiling and heel on the ground. Bend your left knee as you pivot forward from your waist. You should feel a slight stretch in your hamstring and/or calf. Hold for 2-3 seconds, then take 3 steps and perform on the left leg. Perform 5-7 on each side before turning around and repeating.

Quad Dynamic Warm Up



Grab above our ankle joint/foot behind you like you are performing a quad stretch, then pivot forward at your hips bringing your chest towards the ground. You should feel a good/slight stretch in your quad/hip flexors. Hold for 2-3 seconds, then take 3 steps and perform on the opposite leg. Perform 5-7 each side before turning around and repeating.

Side Shuffle Dynamic Warm Up



Side shuffle once to the right then rock between your left leg and your right leg to open up the hips, holding 2-3 seconds on each side. You should feel a good stretch in your groin/inner legs. Then take another side shuffle and repeat. Perform 5-7 then perform the opposite way.

Heel Walk



Take 10-12 small steps on your heels, while holding your arms in a good running position with relaxed shoulders. Focus on keeping/pulling your toes up towards the ceiling.

Toe Walk

Take 10-12 small steps on your toes, while holding your arms in a good running position with relaxed shoulders. Focus on activating your arch and driving your big toe into the ground.



Heel to Toe Walk

Take 10-12 steps accentuate stepping forward onto your heel and rocking up onto your toes, focusing on driving through your big toe. Hold for 1-2 seconds on your toes then repeat with the opposite foot.

