

Warm-up Strategies

Ideally you warm-up before a run.

There are several methods to do this:

1. **Activity specific warm-up:** Make the first 5-10+ min. of your run as a brisk walk/jog. This particularly important if you run early A.M. or on a very cold day.
2. **Dynamic warm-up:** Specific movements that “engage” the running muscles to function properly. Here are some samples.
 - Leg swings: 5-10 each side
 - Hip openers: 5 each side
 - Walking lunge with twist: 5 each side
 - Upward to downward facing dog
3. **Strength exercises:** You could do part of your strength routine before you run to serve as a warm-up and also force you to do some strength work if you struggle to fit it in the program.
Examples: glute bridge x15, lunges x8 each side, side plank x20 seconds each side.
4. **Foam rolling or massage gun muscles**, especially tight spots.
5. **Easy non-impact cardio:** 5-10+ minutes on Elliptical, cycle, etc
 - All these strategies are effective methods to warm-up/prepare to run. If you feel that mobility/flexibility is limited, you may combine 1&2 or 5&2.
 - If you have a hard time fitting strength training into your program, putting some strength exercises that double as a warm-up is an effective strategy.
 - If time is tight, #1 makes sense.