

Warm Up

To warm up and minimise the risk of injury we must prepare the body for the biomechanical (range of motion) and neurophysiological (co-ordination) demands of the workout.

STEP 1

Start with a progressive jog for 15-20 minutes to gradually increase your body temperature.

STEP 2

Functional ballistic stretches will put little impact stress onto the body yet they will isolate the phases of the running cycle.

By isolating each phase and slowing the movement the drills can then aid the runners kinaesthetic sense, provide neuromuscular response and emphasise strength development. These stretches are the 'ABCD's of running, for further information please see

- A – HIGH KNEE (ACTIVE FLEXION)
- B – GROUNDING (ACTIVE SUPPORT)
- C – PROPULSION (SEMI-PASSIVE EXPLOSION)
- D - RECOVERY (BUTT KICK)

****Note:** static stretches pre-workout can increase your risk of running strain. Static stretches should only be done before your workout if your running biomechanics are sufficiently altered by shortened muscle groups; in this case a qualified professional can provide a personalised stretching programme. Ensure that each stretch is applied slowly and progressively and held for 30 seconds, each stretch should be performed daily. ******