



RUNNING 'P'REPAIR TO PERFORM WARM-UP

Core ACTivation + Balance - 360° integration of the core muscles + slow speed full range of motion movements. The Running Core ACTivation sequence is an appropriate warm-up for 1) road, 2) trail, & 3) *sprint training. These sequences are designed to increase muscle lengthening & prevent overuse injury to muscles required to create stride efficiency, stride length, and lower joint stability

Exercise:

Knee Tuck 1ft Bridge (x8-10/side): Strengthens gluteal, low back and calf muscles, stretches the frontal thigh and reinforces stride pattern for running.

1ft Running Man w Knee Hand Contraction + Ft Alphabet (x4/leg): Lengthens glutes and low back. Also trains balance / stability and promotes ankle mobility.

Forward Cross Over Walk (x6-8/leg): Activates the back core muscles while lengthening the hamstring and IT band, two muscles which often can become tight from running.

Pole 1ft Straight Leg Push outs & Pull-ins (x6-8/leg/move): Activates quadriceps, inner & outer hip muscles. Prepares the ankle, knee & hip during for stability during the striking phase of running.

Instruction:

1. Lie on back with feet 6-9 inches from butt.
2. Lift hips into bridge position pulling one knee to chest and coming up to toe of planted foot.
3. As you bridge down, extend free leg.
4. Ensure arms are moving opposite to legs.
5. Perform required number and repeat on the other side.

1. Set the core, stand tall on 1ft, find balance.
2. Lift the same side arm and opposite leg 3x. On the 3rd drive, apply slight downward pressure between the knee and opposite hand.
3. Hold this position & fully draw the letters a,b,c with the foot of lifted leg 3x while maintaining a balanced position. Do not lean or arch backward.
3. step forward and repeat with other leg. Continue til you have drawn the letter 'O'

1. Step forward and bring back leg across the front leg.
2. With feet crossed and a flat back, bend forward and reach hands toward the toes.
3. Hold for 2 seconds, tighten the core return the start and repeat on other side.

1. *Pull-ins* - stand on the leg closest to any stable object.
2. While maintaining balance and pelvis levels, pull your leg across your body until firm contact is made.
3. Hold for 1sec, release contact and repeat.
4. Repeat with the opposite leg
5. *Pushout* - stand on the outside fit and repeat the above but this time pushing the inside leg towards the stable object.

Illustration:



General Movement + Dynamic Range of Motion – Medium paced, 360° integration of general and running specific movement patterns for the purposes of increasing heart rate and prevent overuse running injury. It's suggested you use approximately a 10m space, but most can be done in a limited space or continuously along a path.

Exercise:

Cross Over Run(x10m):
Creates inner and outer thigh mobility as well as stability, particularly during foot plant / heel strike

Skip (x10m): Prepares the muscles of the core and calves. Encourages strong push-off , stride recovery for running.

Heels Up + Quad Stretch (x10m or 6/si):
Lengthens quadriceps and activates hamstrings. Also trains balance.

Instruction:

1. Run sideways crossing trail leg in front of lead leg and keeping hips and shoulders square.
2. Push with trail leg and pull with lead leg.
3. Keep core engaged and body tall

1. Push-off: With arms at 90° and core engaged, 'drive' one knee forward and up, straightening the back as you push away from the ground.
2. Land: Bring the back leg forward, absorb the ground with the heel of the 'driving' leg, roll from the heel onto the toes in preparation for push / toe-off.
3. Continue to alternate.
4. Keep upper body tall, core engaged and arms moving opposite to legs.

1. Move forward with small quick steps while bringing heel to butt on alternate steps.
2. Every couple of steps, reach behind and grasp top of foot with hand.
3. Hold foot in for quad stretch for 2-3 seconds making sure that bent knee is pointing down and not out to the side.
4. Find balance before proceeding.

Illustration:





Shifting Sumo Squat

(x10m or x8/side) –

Activates the same muscles as the lunge with a specific emphasis on stride specific groin flexibility & stability

Lateral Bound *(x10m or*

8-10/side) : Prepares quadriceps and outer hip muscles. The gluteus medius is important for stability during the striking phase of running.

Three Way Lunge *(x10m*

or x8/side): While activating and stretching many core and stabilizer muscles, this combination allows increased stride length & efficiency via hip flexors, hamstrings, calves and front shin muscle lengthening and strengthening

1. Take a wide step sideways until you feel slight stretch in the inner thigh or groin
2. While keeping both feet flat and grounded into the floor, shift your weight to the front leg (this action will straighten the back leg), then the back leg.
3. With an upright torso, push-off and straighten the back leg, rotating your torso such that the back leg moves behind the support leg.
4. With feet parallel to each other absorb the ground and land softly.
5. Repeat for the desired space or reps

1. Standing in balance on one foot, jump sideways landing initially on the heel of the opposite foot.
2. Upon landing, quickly bend / load the hips and knees, by dropping your buttocks down and back approximately 6-12”.
3. Rebound in the opposite direction.

NB* Allow the arms to lead the legs by driving across the body.

1. Set core, lift the toes and step into lunge position keeping hips square and having front hip, knee and ankle aligned. Ensure to keep the tailbone slightly tucked under as the heel strikes.
3. Deep bend the front and partially bend the back leg as you lower towards the ground.
4. Shift your weight far enough forward to feel a front hip stretch on the back leg.
5. Hold this position as you perform 3 movements a) upright rotation b) side bend c) forward straight leg bend - push hips back and straighten front leg leaving toe on the ground. Come back up to neutral.
6. Return & step the opposite leg forward





Cycle Cycle Drop + Straight Leg Hammie Stretch (x10m or 6-8/side): Encourages proper stride pattern, pelvic stability and core activation. Also warms up quadricep muscles.

1. Having arms at 90', move forward cycling legs forward and backward landing on flat feet, not toes.
2. On third stride, drop into split stance keeping stability through core and upper body.
3. Pause to find balance, bend fwd, push the hips up and back to straighten the leg into hamstring stretch.
4. Return to the split drop position & continue, assuring arms are moving opposite to legs.

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*athletes using this warm-up for sprint training should include increasing speed sprints or movements similar to those being trained prior to the start of training.