

RUNNING

WARM UP & COOL DOWN

STRONG POWERFUL FEMALES
SCC

WARM UP & COOL DOWN

This is something I avoided for a long time thinking a little walk before running would suffice - until I ran myself into the ground and began picking up injuries in my knees and ankles.

As much as we may not want to warm up it's the most important part. You wouldn't drive off in a car without your seatbelt clicked in - think of this as your warm up.

This will reduce injury, help with recovery and improve mobility.

I have attached warm up and cool down exercises below.

Pick 4-5 Warm Ups. 10-15 reps of each. If its single leg complete 10-15 each side. Repeat these for 5 minutes.

Spend 5 minutes cooling down at the end.

Warm Up

- [90/90 Hip Switches](#)
- [Bodyweight Squats](#)
- [Squat to stretch](#)
- [Lateral lunge](#)
- [Pogo Hops](#)
- [Leg swings](#)
- [Hip opener](#)
- [Leg sweeps](#)
- [Windmills](#)
- [Calf pumps](#)
- [Thoracic rotation](#)

Cool Down

- [Greatest world stretch](#)
- [Figure 4 stretch](#)
- [Downward dog](#)
[paddle](#)

