

WARMING UP BEFORE RUNNING



Before running, it is essential to perform some warm-up exercises to prepare your body for the physical activity and prevent injuries. Here are some warm-up exercises that you can do:

1

WALKING

Start with a 5-10 minute walk to get your muscles moving and increase your heart rate.

5

JUMPING JACKS

Do a few sets of jumping jacks to increase your heart rate and get your blood flowing

2

DYNAMIC STRETCHES

Perform some dynamic stretches such as leg swings, knee raises, walking lunges, and high knees. These exercises help to increase flexibility and mobility. You will find video guides on Google

6

STRIDES

Do some short, fast sprints (about 50-100 meters) to get your body used to the motion of running.

3

BUTT KICKS

Stand straight and try to kick your heels towards your glutes, the muscles at the back of your hips above your buttocks. This exercise helps to stretch your quadriceps muscles.

4

HIGH KNEES

March on the spot and bring your knees up to your waist level. This exercise helps to improve your range of motion.

Remember to start slowly and gradually increase the intensity of your warm-up exercises. Don't forget to cool down and stretch after your run to reduce the risk of muscle soreness and injury

You can find video guides to all of the exercises mentioned here on Google. It is a good idea to find a set of warm up and cool down exercises that you like and then to get into the habit of completing them every time you run. They will help keep you injury free and enjoying your running.