



Warm-ups and Cool Downs

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If you are reading this newsletter, there is a good chance you have signed yourself up to run Crazylegs. Whether you are a regular runner or a very occasional one, this article will help you prepare your body for the race as well as your training sessions leading up to the event.

- **Dynamic Warm up:** This it to be performed before your run. While it is common to do a series of static stretches before a run, an active, movement based warm up may be a better choice for preparing your body for activity. The purpose of the warm up is to raise your body temp, increase blood flow to your muscles, and to move your muscles and joints through a full range of motion. Examples of dynamic warm up exercises include leg swings, squats, and lunges. Click here for an example:(<http://www.coreperformance.com/knowledge/workouts/a-better-warm-up.html>) Give yourself 10 minutes to warm up properly an your body will thank you for it.
- **Cool Down:** After a run your muscles will be warmed up and very pliable. This is an opportunity to increase the length of tight muscles which will improve the range of motion of a muscle and joint. At this time you will want to incorporate static stretching. Muscle groups you will want to give attention to include: calves, quads, hip flexors and hamstrings. Hold each stretch for approximately 30 seconds or 4-5 deep breaths. Click here for some examples: <http://www.hfpn.com/shop/article.aspx?atid=522>
- **Regeneration:** This term has been made popular by strength coach Mark Verstagen. For these exercises you will need a foam roll which can be purchased at many Target stores. These exercises are like a massage to sore muscles. By rolling over sore muscles you will help relax the muscle fibers so that you can improve blood flow and muscle pliability. A word of caution- this can be uncomfortable the first few times you do it. Keep at it and your muscles will respond in very positive ways. You can do these exercises pretty much any time; before or after runs, or on off days. Click here for a foam roll routine:

<http://www.coreperformance.com/knowledge/workouts/roll-away-pain-and-tightness.html>

Give these techniques a try and see if they help with your runs.

