



The best running warm-up routine

- Always start with a 10-15 minute jog getting progressively faster, but always able to carry a conversation easily.
- Follow with some dynamic running drills:
 - A's (or high knees)
 - B's (high knees with a kick-out)
 - C's (heels to buttocks)
 - cross-overs
 - running backward
 - side shuffles
 - progressive accelerations (strides)
- Then do some stationary dynamic movements
 - leg swings- front to back or side-to-side
 - leg circles- bent knee step up and out to side, then back
 - heel raises

You're ready to go- enjoy your run!

Remember to follow with some static stretches.