

Dynamic Running Warm-Ups

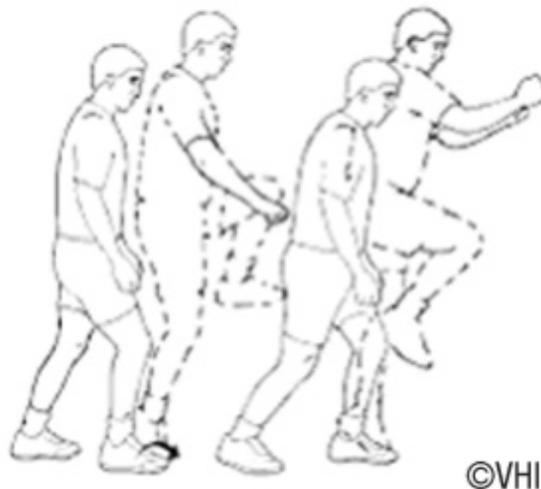
The idea of the dynamic warm-up routine is to do some basic leg stretches while moving/ walking. Remember to keep good posture and think about the motions and technique of each movement. Warm- up with exercises for both the upper and lower extremities; progress from low to a higher intensity; including all planes of motion, start forward and progress to multidirectional movements.

A full body warm-up (i.e. walking, light jogging, jump rope) of approximately 5 minutes should precede this dynamic series. Always remember warm-up to stretch, do not stretch to warm-up.

Perform Each Exercise for Approximate 30 yards, 2 X Each.

High Knee Explosion Skips

Step forward on right foot then drive left leg up and forward while hopping on right, land on left foot. Continue by hopping on left foot while driving right leg up and forward. Go for height and explosion. Pattern: Step right; Hop right, Land left, Hop left.



Straight Leg Kick Skips

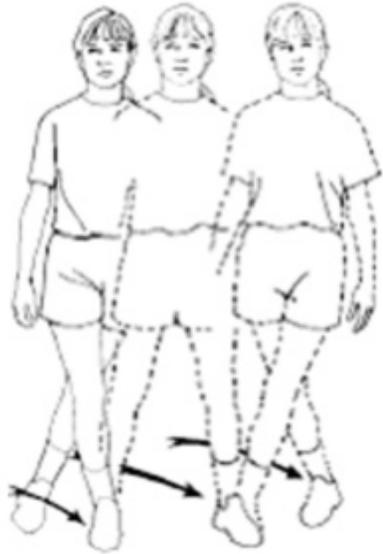
Keeping legs and back straight kick one leg up to opposite hand. Keep arm shoulder level parallel to floor with head and chest up. Step forward with raised Leg and repeat exercise with other leg. Continue in same direction; left then right is one rep.



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Grapevine/Karioka

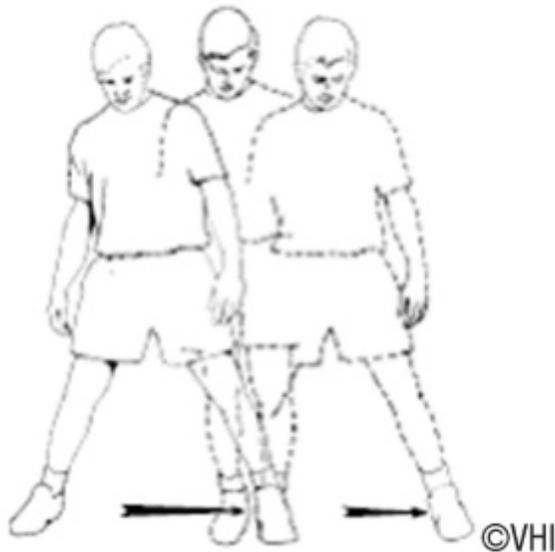
Run sideways, cross one leg in front of the other, bring other leg out to side, then bring first leg behind the other and front leg out to the side...and so on. Keep toes forward and bend knee into squat as tolerated. Keep head and chest up with lower squats.



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Lateral Shuffles

Run sideways with one foot stepping to the other foot and then away. Keep toes forward and bend knee into squat as tolerated. Keep head and chest up with lower squats.



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Progressive Lunges

Push off with one foot and lunge forward onto the other, keeping front shin vertical. Push up from front foot and advance self forward. Keep head and chest up.



High Knee Skips

Running, raise knees high up towards chest.



Butt Kick Skips

Running, raise heels towards buttocks.



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