

Warm Up
RUN
&
Cool Down





We are a friendly & sociable running club based at the Hermitage Leisure Centre in Whitwick, Coalville, Leicestershire. We began life as a group of like-minded individuals who wished to make their running less of a solitary affair. Since then we have grown to a membership close to numbering over 100 of varying abilities. We like to think we are a very social club and - for those who want to be and also a very competitive one.

New members are always welcome to join us for a training run on either of our club nights. We meet at the Leisure Centre at 6.45pm for a 7pm run on both Tuesday and Thursday evenings. On both nights we operate a Buddy Runner system for our novice runners - an experienced runner from the club will join the group or individual on their run to offer guidance to help them achieve whatever goal they may have, so don't feel you have to be a highly-tuned athlete to join us. We do also have a competitive side and many runners regularly enter Leicester Road Running League races and other events, although there are many who are content to remain purely social runners - whichever your preference **you will always be made to feel welcome.**

If you are interested in joining us **please do not be shy** - you can contact the club either through our website or via the Hermitage Leisure Centre's ever helpful staff who will be happy to point you in the right direction.

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Dynamic Warm Up

Ideally jog for at least 5 minutes to warm up muscles. Then do these gentle dynamic exercises to loosen up.



Neck Roll

Take your ear down to the shoulder. Then roll chin down to the chest and up to the other the other side.



Shoulder Roll

Lift your shoulders to your ears, keep your hands low. Roll shoulder round and back.



Hip Roll

Hands on hips with soft knees, make a large circle with your hips. Repeat in opposite direction



Knee Lift

Pull your knee up to your chest. Pause, circle your ankle then step forward. Repeat with the other leg.

Smart Tip

To avoid injury!

Never start a run up a steep hill until you are warmed up!



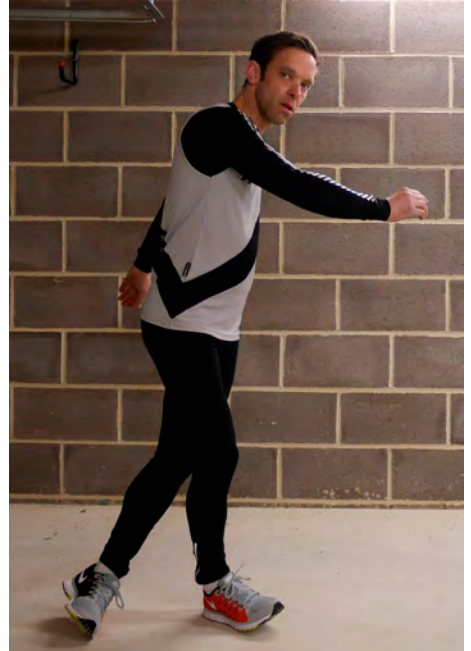
Leg/Hip Swing

Hands on hips for balance. Swing one leg forwards and then backwards.

Do not arch your back. Repeat with other leg.

Upper Body Rotations

With your hands clasped and elbows wide at shoulder level, rotate slowly to each side, keeping your hips forward and look over your shoulder. Repeat for the other side.



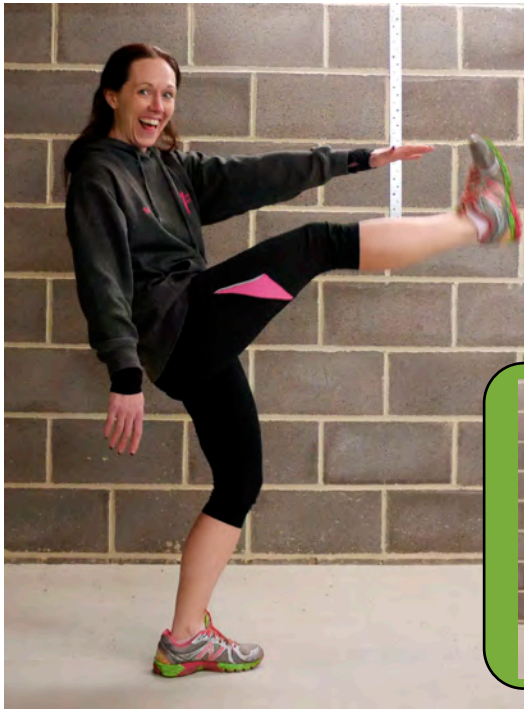
Crossovers

Take small sideways steps to the left by placing one foot behind the other, then switch legs and reverse the pattern coming back. Your hips will swivel slightly.



Side Walking Lunges

Take 3 steps to the right and with the legs wide apart, lunge to the right. your right leg will be bent at 90 Degrees and your left leg will be straight out to the side. Repeat to the left.



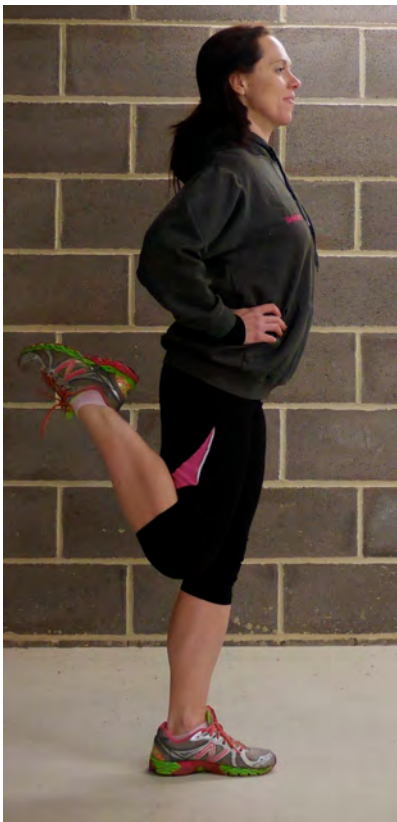
Walking Straight Leg Kicks

Walk forward kicking alternate legs straight up in front of you to waist height to touch the opposite hand.



Walking Lunges

Step forward with alternating legs, each time drop your back knee to just above the ground to create a 90 degree angle with the front knee. Keep your body upright, do not lean forward and ensure the knee of the lead foot does not go in front of your toes as this would cause too much strain on the knee.

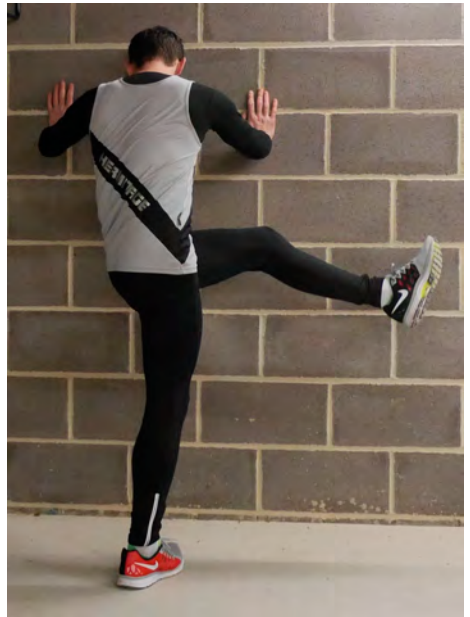


Bum Kicks

With each step bend your knee to touch your bottom. This can be done walking backwards or forwards. This activates the glutes and the hamstrings.

Side to Side Hip Swing

Holding on to a post or wall swing your leg from the hip out to each side back and forth, side to side



After you have completed your warm up routine spend 2 or 3 minutes walking briskly to raise your heart rate and body temperature. Then ease in to your normal pace.

Taking your joints and muscles through a range of movements akin to running is called dynamic stretching because you do not hold the stretch, BUT mobilise the joints and muscles.

It is now recognised that static stretching (where you hold the stretch) before a race is counter productive and is likely to result in slower times.

Cool down & Stretch

After a race cool down, but stretch while the muscles are still warm. This is recommended for runs of Half Marathon or less.

After a Full Marathon your muscles may be too sore or damaged with small tears for this. Try to keep mobile by walking and try gentle stretching a few hours later.

Follow the stretches in this order for maximum benefit.

Hold each stretch for a maximum of **15 seconds**. Relax and breathe normally. Repeat for each leg.



Hamstring 1

Keep your chest lifted, look forward and push hips down as if sitting on a chair. Feet hip- wide apart. Rest your hands on your bent leg.



Quad Stretch 2

With soft knees and your pelvis tilting forward pull your heel up to your bottom. Keep your upper body and shoulders relaxed.

Lower Calf Stretch 3

Keep your body weight over the leg you are stretching and tuck your bottom under.



ITB Stretch 5

The IT Band runs down from your hip to the knee. It often feels like a tight elastic band on the side of the thigh. To stretch cross your feet and push your hip towards the wall, using your arm for support.

Adductor Stretch 4

Keep toes pointing forward and your chest and head up. You will feel this on the inside of your thigh.



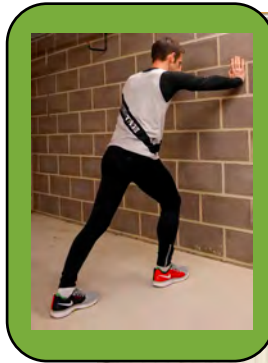


Calf Stretch 6

Experiment then choose the option that suits you best.

Option 1

Gives a deeper and more intense stretch. Care must be taken not to slip off the step or edge of a pavement. Place the ball of your foot on the edge and drop the heel down.



Option 2

Push your hips forward driving your heel in to the ground to maximise the stretch. Keep your head and shoulders relaxed.



Piriformis Stretch 7

In both options make sure your back is firmly pressed into the floor with the head and neck straight (not arched) and nicely relaxed.

Option 1

Is less advanced and demanding or for when you are extremely tight.



Option 2

Provides a deeper stretch and is for more flexible runners.



Hip Flexor 8

The key is to drive your hips forward making sure your knee is at a 90 degree angle to the foot. Keep your body upright and the bottom tucked under. If necessary keel on a mat or cushion for comfort.



Glute Stretch 9

The glutes are the largest muscles in the body. They are used a lot in running mainly to stabilise the pelvis.!

Lie on your back. Pull your knee to the chest to stretch. Keep your back firmly pushed in to the floor with relaxed neck and shoulders.



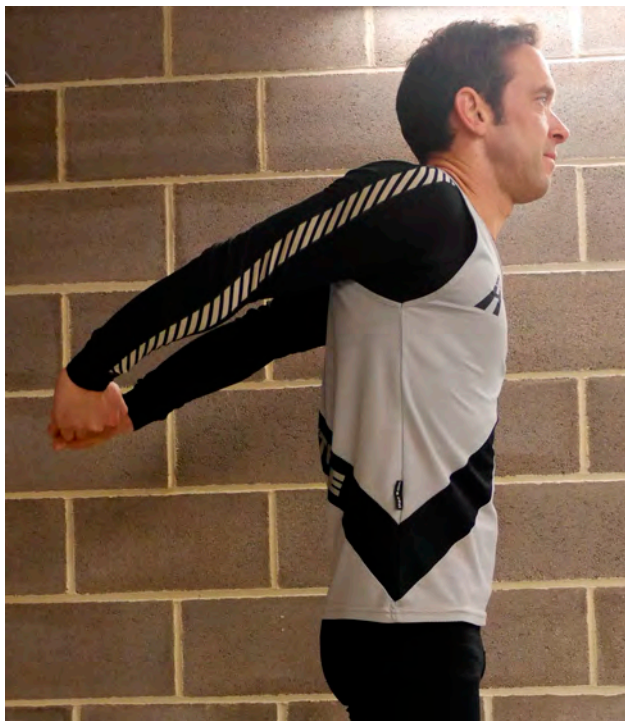


Glute/Piriformis/Back Stretch 10

Put both legs straight out in front of you. Cross left leg over the right with the left knee bent. Place your elbow over your bent left knee and twist to the left, pushing your left knee across your body with your right elbow to increase the stretch. Repeat with your right leg. Looking over your shoulder increases rotation.

Chest/Shoulder Stretch 11

Clasp hands behind you and pull up with straight arms to feel the stretch. DO NOT arch your back.



Upper Back Stretch 12

To loosen tight shoulders and back.

Drop your head and push your hands forward.

Relax the pelvis curve under and bend your knees.

Remember!

Only stretch muscles when they are warmed up after a run or even after a hot bath

Never stretch cold

Only stretch until you feel “controlled discomfort” Not pain!

Hold for about 15 seconds

The information in this booklet is meant to supplement, not replace, proper running training. Like any sport involving speed, equipment, balance and environmental factors running poses some risk. The authors and publisher advise readers take full responsibility for their safety and know their limits. Before practicing the skills described in this booklet, be sure you do not take risks beyond your level of health, experience, aptitude, training and comfort level. As with any exercise programme there are risks. Medical advice is recommended for anyone who has any medical condition or exercise restrictions.



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