

# Runner's Warm-Up Guide



Prepare your body. Prevent injury. Perform your best.

Warming up helps increase circulation, improve mobility, and activate the muscles you need to run strong and stay injury-free.

## Step 1: Light Cardio (3–5 Minutes)

Gently raise your heart rate to get your body ready for movement.

Pick one:

- Brisk walk
- Light jog
- March in place
- Low-impact high knees

## Step 2: Dynamic Mobility (5–7 Minutes)

Move through your range of motion to prep joints and loosen up muscles.

Do each for 30–60 seconds (1–2 rounds):

- Leg Swings (front-to-back and side-to-side)
- Hip Circles or Knee Circles
- High Knee Pulls (step and pull)
- Butt Kicks
- Toy Soldiers (straight-leg kicks with opposite hand reach)
- Lunges with a Twist

## Step 3: Activation & Drills (5–7 Minutes)

Wake up the muscles that drive your run—especially your glutes, core, and hip stabilizers.

### Resistance Band Work (1–2 rounds):

- Lateral Band Walks – 10–15 steps each direction
- Monster Walks (Forward/Backward) – 10 steps each way
- Glute Bridges with Band – 10–15 reps

### Running Drills:

- A-Skips – 2 x 15 meters (focus on rhythm and knee lift)
- B-Skips – 2 x 15 meters (add foot flick after knee drive)
- Fast Feet / Quick Steps – 10–20 seconds

## Step 4: Strides (Optional but Recommended Before Speed Days)

Run 2–4 strides of 20–30 seconds at ~80–90% effort. Walk back to recover. This helps ease into faster pacing without shock to the system.

## Quick Tips

- Be consistent: A good warm-up only takes ~10–15 minutes and pays off long-term.
- Use a mini band: Keep one in your gym bag or car for quick glute activation anywhere.
- Modify for space: If indoors or short on room, do drills in place.