

LINLITHGOW AC

A NOTE ON STRETCHING

1. **Dynamic, moving stretching best before exercise.** And static, gentle stretches which can help to lengthen the muscles and are held for 20-30 secs, after.
2. **Why warm up?** Raise the resting pulse and temperature in body, mobilise and release energy supplies to the working muscles, increase synovial fluid in joints which helps lubricate and mobilise, prepare mentally for effort to come.
3. **Coaches use the acronym RAMP for warm-ups** – Raise (pulse and temperature), Activate and Mobilise (the joints which are operated by your muscles), Potentiate (introducing more powerful movements like you'll do in your training session or race). Progress slowly through each stage, minimum 5-10 minutes.
4. **Hips, knees and ankles are the three major joints to warm up.** But also do something with your upper body.
5. Some good warm-up exercises:
 - walking, marching, running on spot – in progression, with co-ordinated arms and legs
 - toe and heel raises and ankle circling
 - squats, walking lunges (forwards and backwards) – add in twists towards the forward leg
 - arm swings in multiple directions, shoulder shrugs and head rotations
 - jumping jacks, burpees, cariocas, high knees, skipping, hopping
 - then strides (running with acceleration, increasing stride length and leg speed, just 8-10 strides a few times) to check out you're warmed up and ready to go.

Always start slow with small movements, progress to larger, more active and dynamic movements. That way, you're less likely to get hurt.

For static stretches, there's loads of stuff on the internet if you search for stretches for runners.

Here's one for example: [The Complete Guide to Stretching for Runners \(runnersworld.com\)](http://runnersworld.com)

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