

Dynamic Warm-ups for Runners

- Standing Knee Hugs 8 each leg
- Table Top 8 on each leg
- Standing Glute Kick back 8 on each leg
- Quad Stretch 15 sec each leg
- Cross Leg Toe Touch 15 Sec
- Walking Hamstring Scoops 4 x 30M
- Leg Swing 10 on each leg
- Hurdle Stretch 10 on each leg
- Calf Stretch 15 Sec each leg
- IT Band Stretch 15 Sec each leg

Cool Downs

- Hamstring & Calf stretch 15 Sec each leg
- Chest Stretch 15 Sec
- Figure 4 Stretch 15 Sec each leg
- Foot against the wall 15 Sec each leg
- Plank exercise 2 x 45 Sec
- Push-ups-30
- Sit-ups-40