

# Bigg Change

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## Mobility based warm up for Runners

The following 8 movements make up a warmup progression that I've put together overtime. They are simple movements that I find work well for me and the type of running that I do – endurance-based training / running for fitness and health.

Often a runners warm up consists of getting out the door and starting to run. In most cases, this is due to time or at least that is the cited reason. But mobilising pre-run, regardless of the duration and intensity, is important. Not doing it affects performance and increases risk of injury.

For that reason, this routine has been designed to be efficient. You can also be selective in the movements you include in your own routine. I also recommend you use this alongside the Yoga based warm up exercises, not for every run, but factoring a varied range of movements into your running week.

As we discussed during the workshop, every run needs a warmup, but it doesn't have to be much more than a few minutes if you are doing it correctly.

When we think of a warmup, we should think:

**R**

**Raise** your heart rate and breathing. Get your blood pumping around your body.

**A**

**Activate** your muscles. Wake them up and move them a sedentary to active state.

**M**

**Mobilise** your joints. We want your joints to be limber and free, ready to move through full range of motions.

**P**

**Potentiate** for activity. Replicate and slowly increase intensity until close to or at your initial working level.



## 1. Forward Half Lunge

Raise your right leg off the ground and then lean forward until you begin to fall. Let your right leg stop your fall naturally and remember this position, this is what I refer to as a forward half lunge and is very close to good running alignment, or at least should be. Go from standing to this position 5-8 times on your right leg, pumping your arms at the same time. Repeat on your left leg.



## 2. Full Lunge with a twist

Clasp your hands together at chest height and then step forward into a full lunge with your right leg. At the bottom of the lunge, keeping your head facing forwards, rotate your arms to the right, twisting your entire torso. Return to standing and repeat 5-8 times on each side. Always twist to the side of your front leg.



## 3. Reverse Half Lunge

Remembering the half lunge position from #1 above, reverse the movement to get to the same position. Step back with your left leg and extend it, bending your right leg slightly. Pump your arms as before, repeating 5-8 times on each leg.



## 4. Full Lunge w/ a bend to the side

Step forward with your right leg into a full lunge position. At the bottom of the lunge, raise your right hand directly above your head and then bend to your left, maintaining your balance and lunge position. Return to standing and repeat 5-8 times on each side.



## 5. Side Lunges

Stand with your feet in a wide stance, well outside the line of your shoulders, toes pointing directly forwards. Cross your arms across your chest, hugging your shoulders. Lunge to the right side, maintaining your torso and back position and concentrating on sitting back a little to keep upright. Return to the centre. You can either complete 5-8 in one direction and then 5-8 in the other, or you can alternate directions. If you are alternating, remember to pause briefly in the middle to reset your position.



## 6. Standing Hip Rotation (Opening the gate)

Place your hands on your hips and stand nice and tall, feet slightly apart. Centre yourself on your left leg and then raise your right knee up until just above your hip. Rotate your right knee to your right side, as far round as you can without twisting your hips, waist or torso. Return to your standing position. Repeat 5 times on each leg.



## 7. Walk like an animal

Perform an animal walk for 20 to 30 seconds, alternating between the different walks that work for you. Examples include:

- Duck walk (pictured) – go into a wide squat, raise your hands above your head. Maintain that position and ‘waddle’ around your room / garden.
- Crab walk – go into a wide squat, hold your arms at 90 degrees like pincers, ‘scuttle’ a few steps to your left, then return to your right.
- Frog walk – perform a squat and then jump forward into the next squat.



## 8. Leg swings

Place your hands on your hips and stand nice and tall, feet slightly apart. Centre yourself on your left leg and then swing your right leg back and forwards. Keep it locked long and straight and try to get your foot as high as possible, front and back. Next swing your right foot out to your right side and then back across your body and passed your left leg. Again, keep it locked and straight and aim to get as high as possible on each side. Perform 5 swings in each direction before repeating with your left leg.