



Great Dalata Charity Run

Warm-Ups

What is Warming-Up?

Warming-up isn't only about getting the body moving—it's about reducing injury risks and boosting performance. A few simple exercises before a race or run can make all the difference in keeping you feeling strong and motivated throughout the race.

Is a Warm-Up and Cool-Down the Same Thing?

Although it may seem like you do the same exercises to warm-up and cool-down the body, they are actually very different. The warm-up process is about getting your muscles and joints from a stiff/ cold state, to an elastic and warm condition where the body can use them to their full ability without risk of injury. In contrast, cool-down exercises aim to hold stretches on muscles and to lower heart rate to safely return the body to a steady state.

Why Are Warm-Ups Essential?

1. **Prevent Injuries** – A few minutes of movement increases blood flow, loosens muscles/ joints, and helps prevent strains or cramps.
2. **Boost Performance** – A gradual increase in heart rate prepares the body for sustained activity, improving endurance and efficiency.
3. **Sharpen Focus** – Warming up helps participants shift from a resting state to an active mindset, boosting motivation and concentration.

How Do you Warm-Up?

A good warm-up takes just 5–10 minutes and should include:

- **Dynamic Stretching** – Arm circles, leg swings, and hip rotations loosen up joints and warm up muscles (avoid static stretching before running, keep it for after).
- **Light Cardio** – A brisk walk or jogging in place to increase heart rate gradually.
- **Running-Specific Drills** – High knees and butt kicks prepare the body for the motion of running.
- **Using a Muscle Roller** – can be a great way of loosening tight muscles before exercise if you have one.

Let's look at an example warm up you can do before your next run on the next page.....



Warm Up Exercises

| Exercise; | Timing; | What to Do; |
|---|---------|---|
| <i>Gentle Marching in Place</i> | 30s | Start with a slow march to get your blood flowing. |
| <i>Shoulder Rolls</i> | 30s | 15 seconds each direction |
| <i>Dynamic Stretching</i> | 1 min | Arm circles (20 seconds) Hip circles (20 seconds) leg swings (20 seconds) |
| <i>Light Cardio</i> | 1 min | A brisk walk or light jogging to increase heart rate gradually. |
| <i>Running-Specific Drills</i> | 30s | High knees (15 seconds) Heel kicks (15 seconds) |
| <i>Deep Breathing</i> | 30s | Inhale deeply through your nose and exhale slowly to relax and focus. <i>(Try box breathing. It's a useful technique to help you stay focused during your run)</i> |
| Complete this warm-up circuit <u>twice</u> , and your body will be in optimal condition to go straight into your run! | | |