

How to Warm up

Forgetting to warm up correctly before the race can lead to aches and pains or even injury, so it's really important that it's done properly!

Make sure you leave enough time before you run to follow these guidelines showing you how to warm up safely. Each stretch should be held for 6 – 10 seconds.

Shoulder rolls. Roll your shoulders back five times and then forward five times to loosen the upper body.

Tricep stretch. Place one hand behind your head, reaching down your back. Use other hand to gently press elbow to feel the stretch at the back of your arm. Hold and repeat with other arm.

Chest stretch. Place both hands behind your back, elbows bent, and push out your chest gently without arching your back. Hold for a few seconds and then return to starting position.

Knee lifts. Standing straight, lift alternate knees up to chest or until it touches your hand. Keep abs tight and back straight. Make sure your resting leg is stood on the floor with knee slightly bent. Complete 30 lifts.

Hamstring stretch. Place hands on one leg and extend it out with your foot pointing upwards. As you bend, keep hips and shoulders straight for the duration of the stretch. Hold. Repeat on other leg.

Calf stretch. Stretch out one foot behind you, bend front knee slightly and keep back knee straight but not locked. Here you should be able to feel your calf muscle stretching. Hold and repeat on other leg.

Get your blood pumping. Raise your heart rate to a comfortable pace. Brisk walking or a slow jog for up to 10 minutes before the race should do the trick. After your warm up, you're ready and raring to go!

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