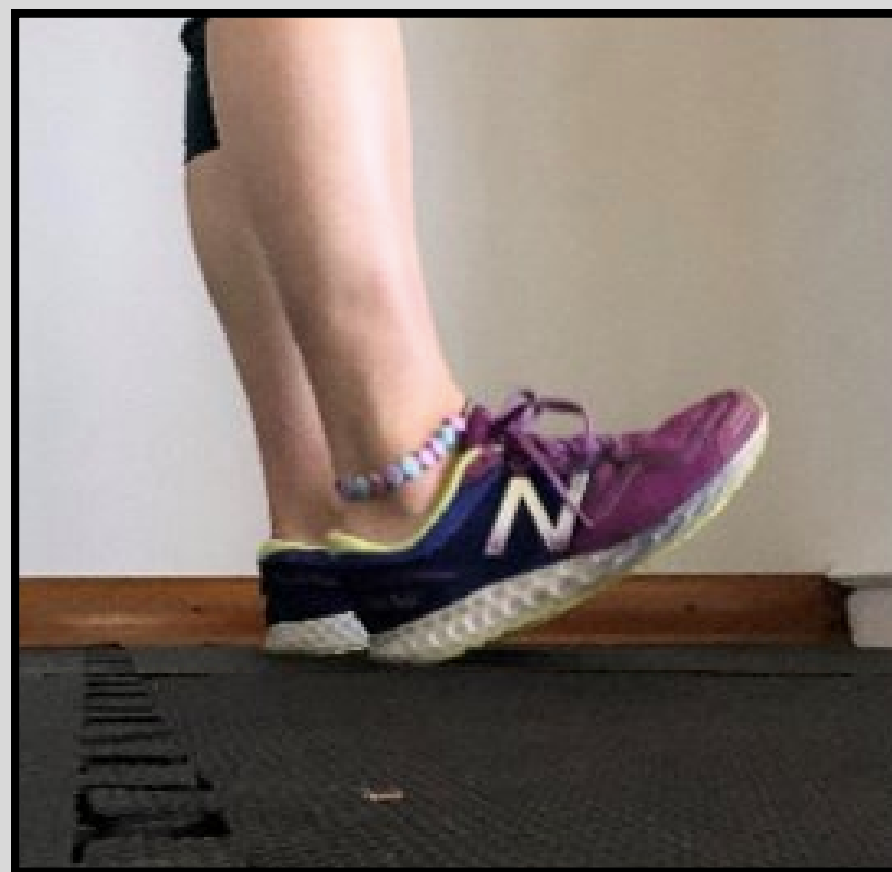


Injury Reduction Strategies (IRS)

The IRS 10: A Dynamic Running Warm-Up

Use this sequence to warm-up before every run to reduce your risk of injury and perform at your max!



1—Heel Walking

Walking on the heels for 30 sec.

2—Toe Walking

Walking high on the toes for 30 sec.

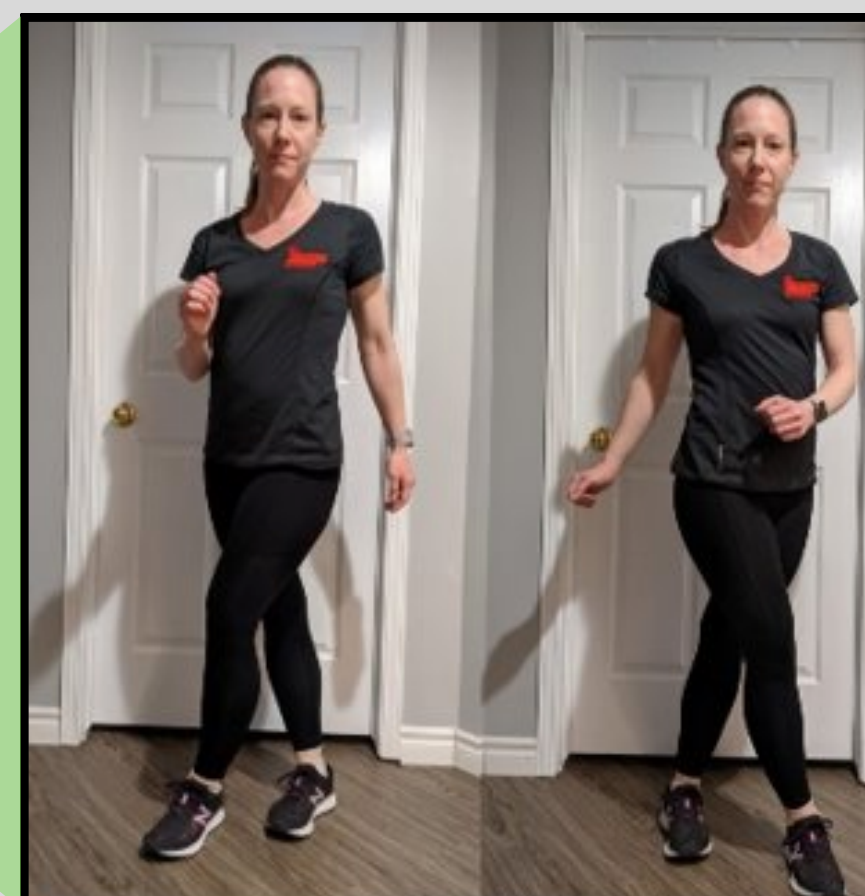


3—Heel to Toe Walking

Landing with the heel first and rolling to the toes, move forward slowly for 30 sec., emphasizing the rolling motion.

4—Carioca

Shuffling sideways, facing one direction, cross one foot in front and then behind, (lead with the right foot) for 30 sec. Then switch to face the other direction and cross over and back 30 sec. (lead with the left foot).



5—Fire-Hydrants

Roll hip from inside to outside for 30 sec. then switch to outside to inside for 30 sec.

Unsure of how to plan for fuel? Register for a Top Fuel for Top Performance Course!

More IRS RUNNING Tips:

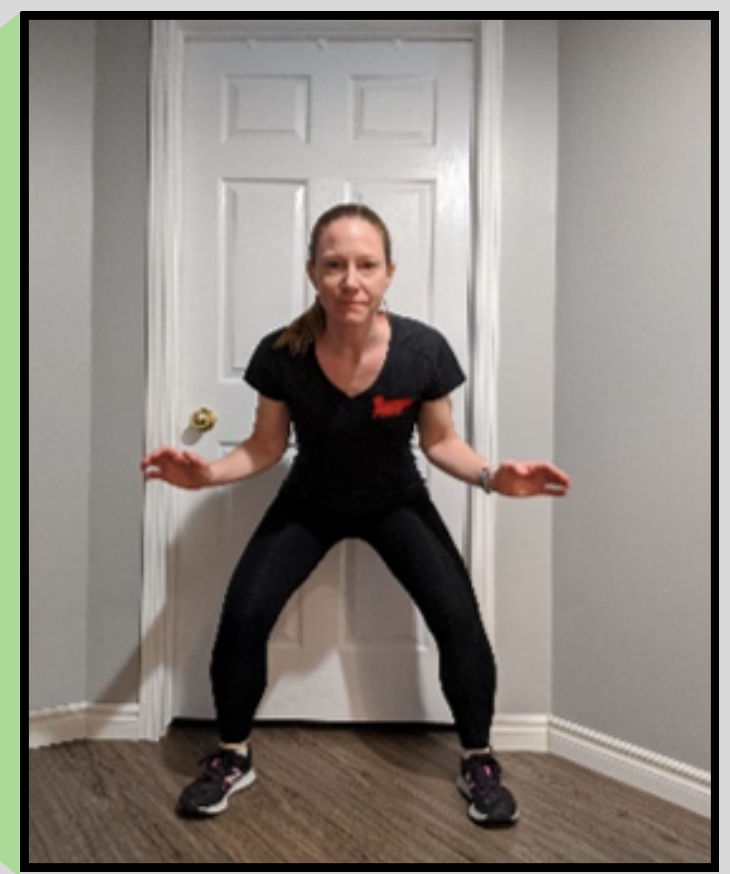
1. Make sure you're visible to vehicles and use reflectors.
2. Check the weather and dress accordingly.
3. Tell someone your route and how long you plan to be.
4. Plan for water/food on long runs.



THE IRS 10: A Dynamic Running Warm-Up Continued



6- Side Shuffles
 Shuffle sideways for 30 sec. facing one direction (lead with right foot) then switch to face the other direction for 30 sec. (lead with the left foot).



7- Frankenstein Marches
 Kick the right leg out straight in front of you, reaching opposite hand to opposite foot (no need to actually touch), alternating legs every step for 30 sec.

8- Butt Kickers

Stand on one leg and with the other, bring the heel towards glutes for 30 sec. Switch to the opposite leg for 30 sec.



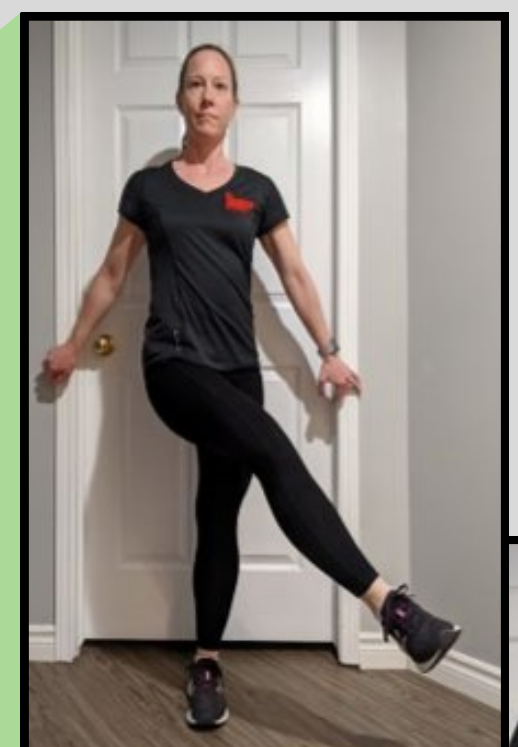
9- Knees Up

Stand on one leg and with the other, drive the knee up towards the belly/chest for 30 sec. Switch to the other leg for 30 sec.



10 - Dynamic Leg Swings: a) Side-to-side

Holding onto a wall, bench, chair, or something stable, swing one leg side to side across the front of the body for 30 sec. Then switch legs and repeat for 30 sec.



10 - Dynamic Leg Swings: b) Front-to-back

Holding onto a wall, bench, chair, or something stable, swing one leg side to side across the front of the body for 30 sec. Then switch legs and repeat for 30 sec.



Happy Running!
 Contact your Health Promotion Team
 for more IRS Information.
HealthPromotionKingston@cfmws.com