

Running-specific warm-up routine

How to do this circuit:

- Before doing these exercises, it is recommended to perform a low-intensity general warm-up (brisk walking, stationary bike, jogging, etc.) for 3 to 5 minutes.
- Then, perform each exercise for 30 seconds (or over a distance of 30 meters), then return to the starting point by jogging or brisk walking. If you are prone to injury or feel you need more time to warm up, you can repeat each exercise a second time.
- For a high-intensity running session or one that includes sprints, it is recommended to supplement your warm-up with 2 to 3 accelerations of 15-20 seconds each, with 1 to 2 minutes of rest in between. These accelerations should be progressive; the goal is not to sprint as fast as possible (aim for 70-90% of your maximum speed).



1

Walk on the inside of your feet



Walk slowly and in a controlled manner, lifting the outer edges of your feet slightly so that your weight is on the inner edges of your feet. Be careful not to turn your ankles inward.

2

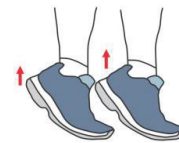
Walk on the outside of your feet



Walk slowly and in a controlled manner, lifting the inner edges of your feet slightly so that your weight is on the outer edges of your feet. Be careful not to turn your ankles outward.

3

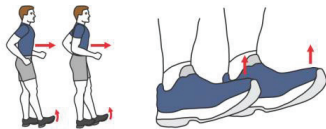
Tiptoe Walk



Keep your back straight, your head up, and your abs tight. Lift your heels and move forward by walking on your toes.

4

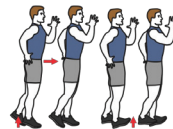
Walk On Heels



Keep your back straight, head up and abs tight. Raise the front part of your feet and move forward walking on your heels.

5

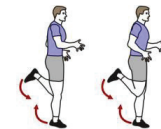
Alternate heel-to-toe



Alternate between taking 2 steps on your toes and then 2 steps on your heels. Keep your back straight, head up, chest out, and abs engaged.

6

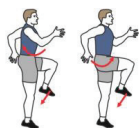
Walk with heels touching your buttocks



Keep your back straight and abs tight. Keep knees below your hips. Pull your heels toward your buttocks dynamically. Work on the front part of your feet (ball of the foot).

7

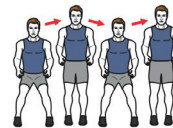
Walk with high knees



Keep your back straight, elbows at 90 degrees, and abs engaged. Lift your knees forward dynamically while moving the opposite arm. Focus on the front of your feet.

8

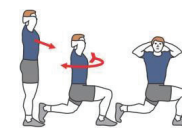
Shuffle



Do shuffles keeping your head above your feet. Keep your back straight and your abs tight.

9

Forward lunge with a twist



Keep your back straight, abs tight, hands behind your head and eyes forward. Take a big step forward (knee about 90 degrees). Turn the head and shoulders to one side, bring your torso back and push to starting position. Repeat by turning the body to the other side.