



Dynamic mobilisations

Prior to any of our training sessions we ensure that runners complete two activities with their run leader(s).

The first involves a set of dynamic movements or mobilisations. This is then followed by a slow run, including some strides, aiming to raise the heart rate ready for the session.

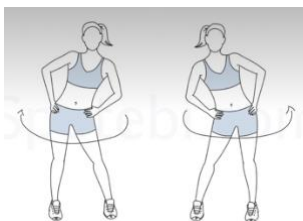
Mobilisations

There is a set of exercises the club's run leaders use to ensure that all major joints and muscle groups are warmed up before the main run session. Here is a short summary of the exercises.

1. Ankle rolls – lift one leg and either with the raised foot in the air or toe touching the floor rotate that ankle ten times in each direction. Swap legs and repeat.

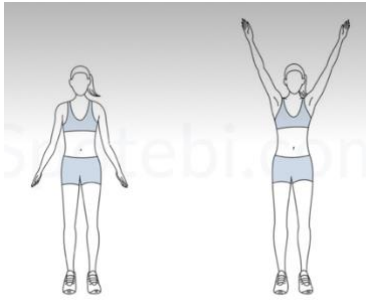


2. Hip circles – hands on the hips, rotate your hips ten times in each direction. Start with small circles and gradually build up to a large circling action.



3. Shoulder hunches – slowly raise your shoulders together so that you are aiming for them to touch your ears. Relax and repeat. After doing this 5 times, raise your shoulders and roll them forward. Repeat 5 times. Raise your shoulders and roll them backwards. Repeat 5 times.

4. Arm circles – raise your right arm skywards and rotate it forwards in a large circles 5 time. Repeat in a backwards circle. Swap arms. You can play with your coordination by trying to rotate your right arm forward whilst rotating your left arm backwards!



5. Hamstring and quad swings. Ideally this should be done whilst holding on to a support. Use a fellow runner facing shoulder on facing in opposite directions. Swing your right leg up and then in a relaxed manner let it swing back and tucked behind. Repeat this 6 times. Ensure that the swing is relaxed and at no time being forced. Do not over extend the movement. Switch legs and repeat the exercise.



6. Clock face lunges – lunge forward to a 12 o clock position with your right leg. Return to both feet together. Lunge your right leg to a 3 o clock position (sideways). Return. Repeat so that you go backwards to 6 o clock. Return. Switch to leading with your left leg lunging forward to 12 o clock, then 9 o clock then 6 o clock. Repeat the circuits two more times.

