

1. Begin with an easy paced jog for about 800m or 5-10 minutes. This run should be at a pace that allows for easy conversation.
2. If needed, after the beginning jog individuals can complete targeted static stretching.
 - a. Hamstrings, calves, quads, etc.
3. After static stretching, you can jog for another few minutes or foam roll.
4. Next, continue on to dynamic stretching.

**DYNAMIC
STRETCHING**



Repetitive movements
Increases heart rate
Important for warm-up

**STATIC
STRETCHING**



Stationary
Decreases heart rate
Important for cool-down

Why is dynamic stretching important?

- Activates musculature about to be used with activity
- Improves range of motion
- Reduces stiffness
- Improves body awareness
- Potentially increases flexibility
- Potentially decreases post-activity soreness (DOMS)

Look below for examples of dynamic and static stretches!

Dynamic Stretches

Great for a warm-up!

1. **Skipping**
 - a. Add arm circles
 - b. Add punches
 - c. Add hugging yourself while alternating top arm
2. **Butt kicks**

Jog while kicking your heel to your glutes.
3. **Good mornings**

Start by galloping sideways. Move your arms above your head, let them cross, and bring them back down in front of you letting them cross again.
4. **Walking knee hugs**

Walk and in-between steps pull your knee to your chest.
5. **Zombie walks**

Put your arms straight out in front of you, and when walking try to swing your leg to touch your hand.
6. **T-walks**

Walk and in-between steps, try to touch the ground while keeping your knees straight. One foot remains on the ground, the other foot goes straight behind you in the air.
7. **Hamstring scoops**

Walk and in-between steps, extend one leg in front of you while still touching the ground with your heel. Bend down with a scooping motion. Stand up completely and repeat.
8. **Open/Close gate**

Walk forward and swing your leg forward like you are going over a hurdle. This is “close gate”. Complete this same motion while walking backwards, but move your leg like the hurdle is behind you. This is “open gate”.
9. **Inchworms**

Start in a pushup, with small steps walk your feet up to your hands and once you cannot keep your legs straight walk your hands out and repeat
10. **Leg swings**
 - a. Side to side
 - b. Forward/backward



Zombie Walks



T-Walks



Hamstring Scoops



Close gate



Open gate

Static Stretches

Great for a cool down!

Hold each stretch for 30-60 seconds.

1. **Quad stretch**
Stand on one leg, and pull your heel to your glutes.
2. **Figure-4 glute stretch**
Lay down, and bend both knees to 90 degrees with the heels off the ground. Put one heel on the opposite knee. To increase the stretch, push your knee away from you.
3. **Calf stretch**
Find a wall and prop the ball of your foot on it. Keep your heel on the ground.
4. **Groin stretch**
While standing, spread your legs wide apart and then bend one knee and lean to that side. Switch sides.
5. **Hip flexor stretch**
Get into a lunge position, and then tilt your pelvis forward. This will stretch the back leg.
6. **World's greatest stretch**
Go into a lunge position with the back leg straight. The same side as the back leg, lower that hand to the ground. Rotate up, so the opposite arm is straight in the air.
7. **TFL stretch**
While standing, cross your legs over each other. The back leg's hip should stick out to the side. Raise that side's arm overhead.
8. **Pec stretch**
Find a corner or doorway, extend your arm out beside you and put it against the wall. Turn away from your arm to feel the stretch.
9. **Lat stretch**
Find a flat surface or something you can hold on to. Get to eye-level with this surface by kneeling or bending at the hip. Extend your arms above your head and rest your forearms on the surface.
10. **Wrist extensors/flexors stretch**
Pull your hand back and push it forward using your other hand.



Figure-4 glute stretch



Groin stretch



World's greatest stretch



TFL stretch



Pec stretch



Lat stretch