

**Choose Your
Running Warmup!**



Always:

Arm Circles- small, medium, large 10X each direction

Knee Circles- 5-10 circles on each knee, each way

Quad Stretch- 30-60 seconds each leg, total of 3 minutes

Walk or slow jog for 5 minutes.

Cariocas- 10 'steps' each way x3



Side-to-Sides- 10x each way x 3

Strides- 3x for 50-100meters



High Knees & Butt Kicks-
10x for each, x3

Walking Lunges-
10x each direction, x3



Monster Walk-
10x each direction, x3

Skiping- 10x or so, x3



Falling Forward-
3x, then run, 3-4x

Always:

Walk or slow jog for 5 minutes.