

## 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

**Skipping-** 10x or so, x3



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

### Always:

**Walk or slow jog for 5 minutes.**