

BY THE VAN: Warm Up & Cool Down



A good dynamic warm up is an essential element of any physical activity. Devoting time to a thorough warm up can help improve performance by increasing core body temperatures, preparing muscles and joints for movements, sharpening mental focus, and, importantly, decreasing injury risk. A cool down can help your body get back to rest and recovery quicker, as well as keep your muscles and joints in good working order.

WARM UP

HIP FLEXOR STRETCH

Place one foot on the ledge of the van inside an open door, with your other foot down on the ground. Stand tall, lean forward into van keeping both feet flat, until you feel a moderate stretch on the front of the hip, then return to start. Repeat 15 times each side, holding for 1 sec during stretch.

START



FINISH



COOL DOWN

HIP FLEXOR STRETCH

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

STANDING CALF STRETCH

Using van for balance, lunge one foot a few feet forward, keeping both feet flat on the ground. Bend the front knee and lean forward, keeping the back leg straight and the back heel flat on the ground until you feel a moderate stretch on the back of your calf and knee. Repeat 15 times each side, holding for 1 sec during stretch.



STANDING CALF STRETCH

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

STANDING HAMSTRING

Place one heel on the ledge of the van inside an open door. Stand tall and lean forward, keeping your back straight and neutral. Keeping both legs as straight as possible, lean until you feel a moderate stretch on the back of your knee and thigh on the leg resting inside the van. Repeat 15 times each side, hold for 1 sec during stretch.



STANDING HAMSTRING

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

STANDING ITB STRETCH

Stand next to the van for balance if needed, cross one leg in front of the other and then stand tall with arms overhead. Reach arms away from the front leg, pushing your hips towards the side until you feel a stretch down the side of your outer hip and spine. Repeat 15 times each side, hold for 1 sec during stretch.

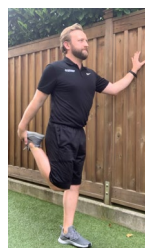


STANDING ITB STRETCH

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

STANDING QUAD STRETCH

Using the van for balance as needed, keeping tall, reach down and grab your foot near the toes, pulling it behind you. Keep your thighs together and hold until you feel a moderate stretch on the front of your thigh as well as front of your ankle. Repeat 15 times each side, hold for 1 sec during stretch.



STANDING QUAD STRETCH

Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

HOW PROVIDENCE CAN HELP

If you are having problems after the race, Providence Sports Medicine offers a full range of services to nurture and extend your athletic journey. Schedule an appointment at **503-29-SPORT**.