

Men's Health

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>> PRE-RACE/RUNNING WARM-UP

Spending a few minutes warming up prior to an event can make a big difference. NASM recommends starting the warm-up with self myofascial release (SMR) by using a foam roller to target muscles that are used repetitively in running. SMR has many benefits including reducing tension in tight muscles, increases blood flow to the area, increasing range of motion, and decreasing viscosity which means the muscles will be better lubricated and move more effectively.

Following SMR with dynamic stretching will incorporate some balance elements to help further warm up the muscles and increase range of motion. Balance training is an important element since it helps activate areas like the gluteus medius (side of the hip) which helps with ankle stability. Also, balance training helps warm up and strengthen the smaller muscles of the foot and ankle, helping to prevent lower leg injuries.

>> SELF MYOFASCIAL RELEASE - FOAM ROLLING: (6 MINUTES)

Slowly move about 1 inch per second on the foam roller working your way through the area, spending approximately 1 minute per area. If you find any tender areas hold on that spot for up to 30 seconds. Be careful not to roll over joints.



Calves - Roll from just above the Achilles to just below the back of the knee



Quads - Start just below the hips and work to just above the knee (stop before the kneecap).



IT Band/TFL - Start just below the waist and work down to just above the knee.

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>> DYNAMIC FLEXIBILITY/BALANCE (5 MINUTES)

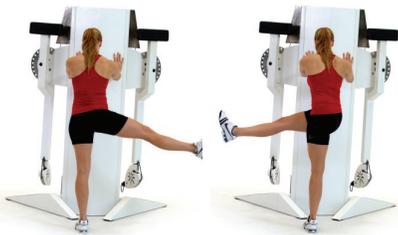
Dynamic stretching is suggested as a warm-up before athletic activity. These movements target muscles that are used in running. Balance training also helps to warm up the muscles. Complete 10 repetitions per side.



Walking lunge with hip stretch -10 per side



Side lunge with reach to balance hold - 10 per side



Side leg swings - 10 per side



Front leg raises - 10 per side

>> COOL DOWN (10-15 MINUTES)

Foam roll - Repeat same areas as warm-up

Static stretch - Passively take a muscle to the point of tension. Hold the stretch for 30 seconds to help muscles relax for better elongation. Repeat 1-2 times per side.



Gastroc



Soleus



Quads



Hip Flexors