

# TEMPO TRAINING & PERFORMANCE

## 5 Dynamic Warm – Up exercises to Prevent Injury in Runners

### 1. Glute Bridges with band - x 10

- a. Begin by lying on your back with your knees bent and the band around the knees
- b. Push out into the band with your knees a hips width apart
- c. Squeeze your butt muscles and lift your hips off the ground so that there is a straight line from your knees to your shoulders
- d. Hold for 3 seconds and slowly lower back to the ground

### 2. Side Steps with band – 20 feet

- a. Place band around ankles with feet slightly wider than shoulder width apart
- b. Leading with the left foot, take small steps to the left keeping the feet at slightly wider than shoulder width apart
- c. Continue for 20 feet and then repeat in the opposite direction

### 3. Monster Walks forward/backward – 20 feet

- a. Place band around ankles with feet shoulder width apart
- b. Begin by getting into a quarter squat position
- c. Then step forward with the right foot to the 2:00 position
- d. Follow with the left foot and then step forward with the left to the 10:00 position.
- e. Continue for 20 feet and then repeat going back to the starting position

#### **4. Squats – x 10**

- a. Begin with your feet slightly wider than shoulder width apart**
- b. Hinge at the hips and squat until your thighs are parallel with the ground**
- c. Push through your hips and quads and return to an upright position**
- d. Think about sitting back in a chair and be sure to keep your knees over your toes**

#### **5. Walking Lunges – 20 feet**

- a. Begin standing with your feet shoulder width apart.**
- b. Take a big step forward with the right foot and slowly lower yourself until the left knee lightly touches the ground**
- c. Push up with your right leg and immediately bring the left leg forward into a lunge**
- d. Repeat in a walking patten for a distance of 20 feet**

**Need Resistance Bands? Click link below:**

**<https://amzn.to/2OwRGpg>**