

## WARM UP

At the beginning of every run, it's important to prepare the body for the strain of the workout. Focusing on these three levels will help you minimize the risk of injury: biomechanical (range of motion), neurophysiological (coordination) and physiological (energy systems) demands of the workout.

When going out for a low-speed run, simply start with a few minutes' walk, followed by a gradual increase of the speed until the desired pace is reached.

The following three steps are key for a quality workout with integrated speed:

### STEP 1

Start with a 15- to 20-minute progressive jog.

### STEP 2


#### Neurophysiological awakening

1. Practice progressive functional ballistic stretches. (Functional drills A-B-C-D, progressive both in terms of range of motion and speed, up to the desired speed for the activity)
2. Continue with progressive accelerations.  
(On a 30-meter distance, reach up to workout speed or a little more)

### STEP 3

#### Reach the desired energy systems

Increase the length of the last accelerations to feel the desired sensations.



Pre-workout static stretching with a view to increasing flexibility before workout should be done only if running biomechanics could sufficiently be altered by shortened muscle groups resulting in either an increased risk of injury or a decrease of mechanical efficiency.