



BRIDGING THE GAP TO JOINING MOJO!

PRE RUN WARM UP MOVES

Add these in after your warm up walk/jog before your session

Leg swings – hold a wall for support and swing each leg in turn - forwards and backwards then also across your body...this mobilises your hamstrings, hips and abductors

Activation squats – feet hip distance apart, squat as if you are sitting backwards into a chair until your bottom is level with knees, don't let the knees roll inwards....this wakes up glutes and quads

Ankle circles – circle each direction....mobilises ankles, Achilles and calf muscles

Calf raises – feet placed under hips, push up onto balls of feet then return to flat foot...activates calf muscles

High knees – jog on spot bringing knees to hip level....this wakes up quads, hips and calf muscles - brings your HR up too

Butt kicks – jog on spot kicking butt with your heels....mobilising the hamstrings and also bringing the HR up