

## AREC Couch to 5K (and beyond) Dynamic Stretching Routine

1. Walk for a couple of minutes (60-90 seconds). Just a quick walk around the area where you're warming up. This will give you some insight into your body and how you're feeling that day.
2. Close the Gate: lift your leg with knee bent, then bring knee out parallel with the ground but pointing to left (for left leg) or right (for right leg) and then swing leg toward front and moving forward at the same time. (10-15 reps per side)
3. Open the Gate: Opposite of Closing the Gate. Up, out, back and down.
4. Leg Swings: Swing your leg forward and backward with a slight bend in the knee. (10-15 per leg). You may be more comfortable holding onto a pole/tree or other person while doing this. But keep it under control. We're just warming up, not kicking game-winning field goals.
5. Sideways Leg Swings: Swing your leg in front of the other leg side to side with a slight bend in the knee. This might be easier with two hands on a wall or tree and leaning slightly forward. (10-15 per side).
6. Walking Lunges: Stand straight, engage your core, keep your back straight and take a stride in front of you, in control drop you back knee toward the ground as you bend your front knee. Take caution not to overextend over the front knee (when you're all the way down you should just be able to see the toes of the lead foot). (10 strides)
7. Butt Kicks: Kind of like running in place, we're bringing our heel up to try to touch our bum. It's helpful to think of this as more up and down with your foot than out and back. This will also start to get your heart pumping and your body really warming up. (10-15 steps in one direction, turn around and 10-15 back to start)
8. High Knees: Can do in one spot, kind of like running in place, or moving forward. Back straight, shoulders back, arms pumping and bring your knees just a touch higher than parallel with the ground each time.