



WEEK 3

Couch to 5K Tip Sheet

Before we introduce jogging into your Couch to 5K program, it is important to start a comprehensive stretching routine. Be sure to incorporate the proper stretches before and after each training session.



Dynamic Stretching

This is a type of *active* stretching that prepares the body for a workout.

A good dynamic warm up starts with light cardio and movements similar to the exercise you will be doing.

The purpose of active stretching is to increase blood flow and oxygen to your muscles, tendons, and ligaments before they're called upon to do serious work.



Static Stretching

A type of stretching that helps the body cool down *after* a workout.

Static stretching is the kind most of us think about when we think about stretching. It can relax tight muscles and delay onset muscle soreness that can occur after an exercise session.

These stretches should be performed after the exercise session, not during or before.



Keep in Mind

While it is uncommon to cause injury to yourself while performing static stretching, some issues can arise.

Static stretching *pre- or mid-workout* could lead to the following:

- Decreased muscle performance
- Muscles become sleepy and weak.
- Risk of muscle pulls and tears *increases*.

Remember to return all three months of tracking sheets to wellness@weber.edu or MC 3501 by April 19, 2019.



Spring Semester Challenge

ACTIVE STRETCHES (REPEAT FOR 10 REPETITIONS ON EACH SIDE)

- **Forward Leg Swing:** Stand on one leg. Gently swing other leg forward and back
- **Lateral Leg Swing:** Stand on one leg while holding on to something. Swing the opposite leg gently side to side in front of your standing leg.
- **Lunge with Twist:** Hold the down position of a lunge. Rotate torso toward side with leg pointed forward.
- **Knee to Chest (High Knees):** March in place and lift knees to chest.
- **High Kicks (Butt Kicks):** Jog in place with heels kicking high enough to touch the glutes.

STATIC STRETCHES (HOLD 30 TO 60 SECONDS EACH)

- **Standing/Seated Hamstring Stretch:** Stand or sit with feet shoulder width apart, bend at hips, reaching for toes.
- **Standing Quad Stretch:** Bend one knee, grasp that foot with your hand, while balancing on opposite foot.
- **Piriformis Stretch w/ Rotation:** Lay on your back with soles of feet on floor. Lift one foot and cross it over the other knee. Press the knee away with your hand.
- **Child's Pose:** Kneel with your laces on the floor. Use hands to walk your torso toward the floor. Allow your stomach to rest on your thighs.
- **Butterfly Stretch:** Sit on floor with spine straight. Put soles of feet together and pull as close to your body as is comfortable.
- **Supine Knees to Chest:** Lay on back. Pull both knees up to your chest. Grasp lower leg just below the knee. You can gently rock side to side if desired.
- **Cobra Pose:** Lay on floor on stomach. Gently lift torso off the mat using your hands. Leave hips on ground. You should feel no pain in your low back. Alternatively, stand, lock thumbs into back dimples and press hips forward.
- **Arm/Shoulder Stretch:** Place one arm across your chest. Use other hand to pull/press the first arm into/across chest.
- **Chest Stretch:** Stand in a doorway or against a wall. Raise arm and bend the elbow. Place your forearm against wall/doorway. Turn head and body away from that side.
- **Triceps Stretch:** With elbow raised above your head and pointed toward the ceiling, touch your shoulder blade. Grasp elbow with the opposite hand and gently pull towards your head.
- **Calf Stretch:** Stand on the edge of a platform with your heels hanging off. Allow heels to dip until a slight stretch is felt.