



WEEK 4

Couch to 5K Tip Sheet

Dynamic and static stretching can help to warm up and cool down the body. Learning to foam roll will help to keep muscles loose and can prevent soreness. It is wise to add in a foam rolling routine into your jogging program.



What is Foam Rolling?

A foam roller is a long cylinder made of foam to massage muscles and bring bloodflow to specific tissues.

They come in various densities and can be used as part of warm-up, cool-down, and can help relieve trigger points and general soreness.



How to Foam Roll

Foam rolling is especially awesome for runners due to its effectiveness in keeping the legs and glutes loose after a workout.

Roll for 30 seconds or so per body section. Start with lower calves, upper calves, hams, quads, TFL and IT Band, and inner thighs.

See the next page for simple exercises you can start today.



Things to Avoid

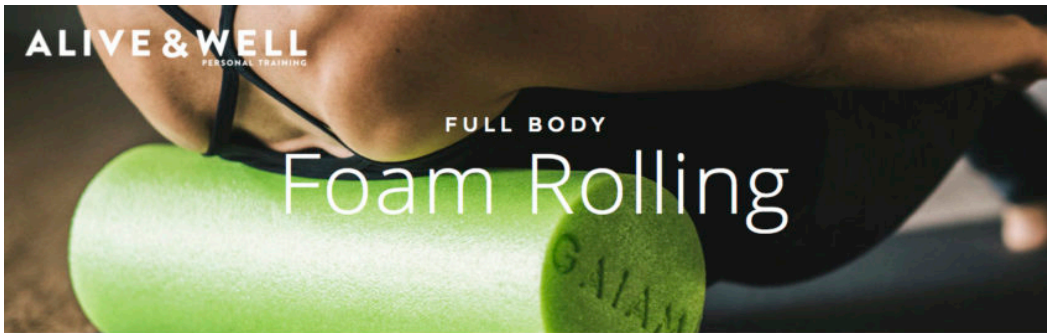
As with all things exercise, not everyone will agree, but in general here are some places to avoid:

- Joints: do not add additional pressure to the knees, elbows, ankles, or neck.
- Neck/Lower Back: the skeletal and muscular structure is not dense enough to protect delicate muscles.
- Calves and Inner Thighs while pregnant.

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



Spring Semester Challenge



ROLL OUT each body part for 1 - 2 minutes before or after a workout (or whenever you feel tight).

QUADS



IT BAND



TFL



ADDUCTORS (INNER THIGH)



GLUTES/PIRIFORMIS



HAMSTRINGS



CALVES



SHINS



UPPER BACK/SHOULDER BLADES



LATS

