

4 Things To Start Doing Now

BEFORE & AFTER YOUR RUNS

jaci wilson runs

- 1 Fuel your body before you run so that you will have an abundance of energy and can put in your best work. If you do not fuel your body before a run or workout, you are doing your body a disservice!
- 2 Warm up your body before you run with dynamic moves (moving your body through a range of motion) and get your glutes primed for running. High knees, A-skips, B-skips, hip swings, lunges, squats, etc. are great dynamic moves. Then add a resistance band and do squats, monster walks, hip bridges, etc. to prime your glutes. Remember your core is the steering wheel of your run AND your glutes are part of your run. Your quads should NOT be the primary driver of your runs – this means you are quad dominant.
- 3 Cool down with a couple minutes of walking.
- 4 Refuel right away with protein and then sit down to get in some static stretching and/or foam rolling if it feels good to you (Research has shown that you don't need to stretch or foam roll. Do it if it feels good but skip it if you don't have time. If you are looking to increase your mobility, focus on strengthening the muscles around the joints that you want more range of motion.)
- 5 Bonus: Want to increase your time on your feet right away!? Add some walking in BEFORE and/or AFTER your run! Then do your dynamic moves before running and stretching/foam rolling after your run. Walking before and/or after a run has been proven to help later in the run, building endurance!

Run happy and mindful!