

# The Best Exercises To Avoid Running Injuries: Flexibility Warm Ups, Cool Downs, and More

If you're a runner, you know that injuries are a common problem. In fact, according to the American Academy of Orthopaedic Surgeons, runners have a 50% chance of getting injured each year. But there are things you can do to prevent injuries, including warming up properly, cooling down properly, and doing exercises to improve your flexibility.



## STRETCHING: The Best Exercises To Avoid Running Injuries (Flexibility, Warm Ups, Cool Downs, Fitness, Strength Book 1) by Chris Douglas

★★★★☆ 4.4 out of 5

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## Warm-ups

Warming up before you run is essential for preventing injuries. A good warm-up will help to increase your blood flow, loosen your muscles, and prepare your body for the stress of running.

There are many different ways to warm up before running. Some good options include:

- Light cardio, such as jogging or cycling
- Dynamic stretching, such as leg swings and arm circles
- Foam rolling

Spend about 5-10 minutes warming up before you run. focus on warming up the muscles that you'll be using while running, such as your legs, hips, and back.

## **Cool-downs**

Cooling down after you run is just as important as warming up. A good cool-down will help to reduce your heart rate and blood pressure, and it will help to prevent muscle soreness.

There are many different ways to cool down after running. Some good options include:

- Light cardio, such as walking or jogging
- Static stretching, such as holding each stretch for 30 seconds
- Foam rolling

Spend about 5-10 minutes cooling down after you run. Focus on stretching the muscles that you used while running, such as your legs, hips, and back.

## **Flexibility**

Flexibility is important for runners because it can help to prevent injuries. Tight muscles are more likely to be injured than flexible muscles. There are many different ways to improve your flexibility, including:

- Stretching
- Yoga
- Pilates

Aim to spend at least 10 minutes each day stretching. Focus on stretching the muscles that you use while running, such as your legs, hips, and back.

## **Exercises**

In addition to warming up, cooling down, and stretching, there are a number of exercises you can do to help prevent running injuries. These exercises can help to strengthen your muscles and improve your balance and coordination.

Some good exercises for runners include:

- Squats
- Lunges
- Calf raises
- Planks
- Push-ups

Aim to do these exercises 2-3 times per week. Start with a few repetitions of each exercise and gradually increase the number of repetitions as you

get stronger.

By following these tips, you can help to prevent running injuries and stay healthy and running. Remember to warm up before you run, cool down after you run, and stretch regularly. You should also do exercises to strengthen your muscles and improve your balance and coordination.

If you do experience an injury, be sure to see a doctor or physical therapist for treatment. With proper treatment, most running injuries can be healed quickly and without any long-term problems.



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