



## WARMING UP

### Another Gold medal for Australia!

When did the athlete warm up?

What we rarely see on the TV transmission is the lengthy warm up needed for peak athletic performance.

Think of the body as your most important and delicate engine. Any engine or machine is vulnerable to damage if pushed too hard while it's in a cold state. The oil, metal and tubes in an engine have to warm up to give, stretch and perform.

Our bodies are similar. The heart and circulatory system power up both brain and body by speeding up the heart rate, the oxygen and fuel supply. This enables the muscles to perform. The warm up lets the tissues give and stretch, hence reduce the likelihood of overstretching, straining and spraining.

### How long should I warm up?

Warm up time needs to reflect demand. Walking to the toilet first thing in the morning is a world away from playing in the grand final. Still, if you suffer from plantar fasciitis, "warming up" your calf muscles by wiggling your feet, will lessen the pain of the first steps.

5-10 minutes is a minimum for a Park Run, tennis match, dance performance etc. After a basic warmup, move on to more skills specific drills. For instance: jump and reach for netball/ basketball, practice swings for pickle ball/ squash/ tennis/ badminton or golf.



### The Basic Warmup

- Walk/ jog/ run/ jump in that order
- Engage big muscles
- Air squats/ Star jumps
- Double resting heart rate
- Progress to specific actions
- Squash: move as on court
- Light shots and progress
- Football/ rugby/ basketball: pass & move

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For instance: jump and reach for netball/ basketball, practice swings for squash/ tennis/ badminton or golf

80% effort sprints for football





### Spine Safe

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- Hinge from hips

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- Don't bend in lower back

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- Focus on bum and legs

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- Get heart rate up

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- Breathe into abdomen

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- Be upright

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- Engage core

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- Rotational movements last

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- Wide toe box for good stance & grounding

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- Covered around waist

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## Can you overdo warm up?

Yes. If you feel too tired after warming up to exercise or compete, you are either not fit enough or you have overdone it!

## Brain and Nervous System

Warming up is as much for the brain as it is for the body. "Muscle memory" is an incorrect term. Memory is not stored in the muscles. It's all about proprioceptive feedback to the brain, processing and output.

In that sense, visualising what we are about to do, is part of warming up. We may lay strategy for the sport we are about to do, or even plan and strategise a morning in the garden. Don't start by lifting the heaviest pots, mix up your activities between dynamic moves and say potting or using secateurs on the roses.

## Stretching

Contrary to popular belief, stretching is far more beneficial *after* exercising. Light stretching however at the end of warming up, reflecting the activity you are about to do is appropriate; especially for gymnasts and dancers.

## Cool Down

Stretching is valuable as part of the cool down. A light jog or walk for 5-10 minutes followed by general stretching, then specific stretching make us feel so much better the next day and helps recovery. With high effort we cause micro tears to the muscle fibres, hence they strengthen and grow. Stretching post exercise hits that sweet spot, that stops excessive muscle stiffness after exercise. Rehydrating too is part of the cool down process, so drink plenty of water. Unfortunately beer is not the best choice!

**Massage Therapy is Here! We have two excellent Massage Therapists on board Yuri Foster & Graeme King are both highly qualified and experienced. Ring reception for booking.**