

WWTW TRAINING INSIGHTS

Warm ups, heart rates, fartleks and recovery



WALKING WITH THE WOUNDED
Supporting Those Who Served

Warm-Up/Cool-Down

Both warm-ups and cool-downs are crucial for improving performance, preventing injury, and aiding recovery. A good warm-up should increase blood flow, activate key muscles, and prepare your joints for movement. A proper cool-down helps lower your heart rate and relax your muscles to prevent soreness. To assist with your training for your WWTW fundraising event, here are the best routines for each.

Warm-Up

Dynamic Stretching

Perform these movements to loosen up and activate muscles:

- Leg swings (front-to-back & side-to-side) 10 reps per leg
- High knees 30 seconds
- Butt kicks 30 seconds
- Lunges with a twist 10 reps per leg
- Arm circles & shoulder rolls 30 seconds
- Hip openers (World's greatest stretch) 10 reps per side

Running Drills

Perform at an easy pace to further activate muscles and improve coordination:

- Skips 30 metres
- Strides (gradually increase speed) 3x50 metres
- Skips 30 metres

Cool-Down

Easy Jog

- 5-10 minutes. Gradually slow down your pace from a jog to a walk

Static Stretching

Hold each stretch for 20-30 seconds to improve flexibility and release tension:

- Hamstring Stretch (seated or standing)
- Quadriceps Stretch (pull foot towards glutes)
- Calf Stretch (against a wall)
- Hip Flexor Stretch (lunge position)
- Lower Back Stretch (lying twist)
- Glute Stretch (Figure Four Stretch)

Deep Breathing

Take deep breaths in through the nose and out through the mouth to promote relaxation

Fartlek's & Heart Rates

Fartlek running is a mix of fast and slow running. You speed up for a bit, then slow down to recover, and repeat. There are no strict rules - just changing pace as you go. It's a fun way to build speed and endurance without a rigid structure.

Learn about your Maximum Heart Rate (MHR)

Each running session has a maximum heart rate (MHR)

- % guide is based on 220bpm minus one's age. For a person aged 40 it would be $220\text{bpm} - 40 = 180\text{bpm}$, then MHR multiplied by 75% meaning an average heart rate of 135bpm for that session
- You should be able to hold a conversation when running at 75% MHR i.e. 7.5/10
- It should be difficult to hold a conversation when running at 85% MHR i.e. 8.5/10
- It is difficult to speak when running at 90% MHR i.e. 9/10