



Warm up

Professional
Rehab Associates



Forward and side leg swings



Hip and knee circles



High knees



Mountain climbers

- Find your running buddies
- Light jog
- Stay Hydrated



Glute kickback

*A pre-race group warm-up will be offered at the start finish line at 7am on race day. This will be led by the Rehab Team from *Professional Rehab Associates*.



Cool Down



Foam Roll: spend 2 minutes on each, work above and below sites of pain



Stretch: 3 x 30 second hold each