



DMT

DYNAMIC MOVEMENT THERAPY  
THERAPY & WELLBEING

# ESSENTIAL TIPS FOR RUNNERS TO PREPARE FOR THE EVENT



## Hydrate:

Drink plenty of fluids to stay hydrated, aiming for pale yellow urine. Avoid excessive caffeine and alcohol consumption.



## Nutrition:

Consume a balanced meal with carbs, protein, and low fat. Choose easily digestible foods like pasta, rice, fruits, and vegetables.



## Rest and Recovery:

Get adequate rest and quality sleep the night before. Avoid strenuous activities and relax mentally and physically.



## Stretching and Mobility:

Perform light dynamic stretches to maintain flexibility and prevent muscle stiffness.



## Equipment Check:

Ensure your running gear, including shoes and clothing, is in good condition and comfortable.



## Mental Preparation:

Visualise success and maintain a positive mindset. Stay calm and confident.



## Weather Considerations:

Check the weather forecast and prepare accordingly, including dressing in layers and wearing sunscreen.



## Plan Race Day Logistics:

Plan transportation, parking, and pre-race rituals in advance to reduce stress and arrive prepared.

We will be offering FREE pre and post-event massages at the event.

Come and see us from 5:30 pm and after your race until 9 pm

Come visit us for a chance to win a free treatment plan, including three 45-minute sessions at our clinic after the event.

[www.dynamicmovementtherapy.com](http://www.dynamicmovementtherapy.com)

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These stretches will help you improve flexibility, increase blood flow to the muscles, and prepare the body for the upcoming running event.



#### Leg Swings:

- Stand upright and hold onto a stable surface for balance.
- Swing one leg forward and backwards in a controlled motion, gradually increasing the range of motion.
- Perform 10-15 swings on each leg to loosen up the hip flexors and hamstrings.



#### Walking Lunges:

- Take a step forward with one leg and lower your body until both knees are bent at a 90-degree angle.
- Push off the front foot and bring the back foot forward into the next lunge.
- Repeat for 10-12 lunges on each leg to stretch the hip flexors, quadriceps, and calves.



#### High Knees:

- Stand tall with your feet hip-width apart.
- Lift one knee up towards your chest while hopping on the opposite foot.
- Alternate legs in a rhythmic motion, aiming to bring your knees up as high as possible.
- Perform 20-30 repetitions to improve hip mobility and warm up the leg muscles.



#### Butt Kicks:

- Stand upright with your feet hip-width apart.
- Bend one knee and bring your heel towards your glutes while hopping on the opposite foot.
- Alternate legs in a dynamic motion, aiming to kick your heels towards your buttocks.
- Perform 20-30 repetitions on each leg to stretch the quadriceps and warm up the hamstrings.



#### Arm Circles:

- Stand with your feet shoulder-width apart and extend your arms straight out to the sides.
- Begin making small circular motions with your arms, gradually increasing the size of the circles.
- Reverse the direction of the circles after 10-15 repetitions.
- Perform 2 sets of 10-15 repetitions to improve shoulder mobility and loosen up the upper body.