



THE SCIENTIFIC REVOLUTION OF THE WARM-UP:

I'm sure many of you can vividly recall going through traditional calisthenics, or pre-sport stretching routines prescribed by previous coaches and physical education teachers. Remember lots of slow static stretching, countless jumping jacks, and the other staples of the traditional warm-up? Historically, just moving around and improvising movement with no rhyme or reason has been culturally accepted and sufficient for most in preparing an athlete for competition or practice. Things have evolved tenfold in the last decade, and we have improved many of the ways we do things in training, and the warm-up is one of these things. In the last ten to fifteen years the warm-up has started to become more evidence-based and studied in exercise science. Consequently, we have made big strides in this area and determined precisely how we should warm-up for increased productivity in training. The days of nonchalant, random, uncertain, slow and boring stretching, and excessive chit chat are officially over. Through exercise science you can come to appreciate that there is a best-practice approach to warming up and physically and mentally preparing the body to gain the most out of every workout.

“5 Warm-Up Rules” (Courtesy of NASM—The National Academy of Sports Medicine)^[1]_[SEP]

Rule #1: Inhibit.....Lengthen.....Activate.....Integrate.

Rule #2: Move slow to fast (i.e., Sit to Run)^[1]_[SEP]

Rule #3: Low Intensity to High Intensity (i.e., Bodyweight to BW + resistance types)

Rule #4: Simple to Complex (i.e., Stretch to Squat)

Rule #5: Stable to Unstable (i.e., Seated to Standing)

This simple model makes great sense and certainly delivers once you study and master it. It's a great opportunity to develop a number of important training functions in a very short period of time, and maintain those functions through repetition over the long haul. Truth be told, you will witness an array of different warm-up^[1]_[SEP] training models with different terminology, but the one thing they will have in common, if they are scientifically valid, is that they follow these



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rules.

This warm-up system is also our general injury prevention/rehab program, which in the professional athletics and fitness industry is commonly referred to as *Corrective Exercise*. Corrective Exercise is a series of massage, stretching, strengthening, and movement drills that serve to help correct movement patterns as well as prevent injury or treat it in the process. Many injuries that could occur will be remedied in this system if done properly.