

**WARM UP – MAIN ACTIVITY –  
COOL DOWN**



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**Warm Up**

**Gradually raises body temperature  
and heart rate**

**We warm up for 3 reasons:**

- 1. To prevent injury**
- 2. To improve performance**
- 3. To prepare psychologically for the event**

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**Warm Up**

**What should be included in the  
warm up?**

- 1. Cardiovascular warm up**
- 2. Stretching**

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### Warm Up

#### Cardiovascular warm up

You start with this, which raises the pulse rate. It can include easy cycling, skipping, slow swimming, easy jogging and walking

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#### Cardiovascular Warm Up



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#### Cardiovascular Warm Up



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### Cardiovascular Warm Up



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### Cardiovascular Warm Up



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### Warm Up

#### Stretching

This forms the second phase of the warm up. There are 3 ways of doing this.

1. Static Stretching
2. Ballistic
3. Proprioceptive Neuromuscular Facilitation

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### Warm Up

**Static Stretching** – easy stretches which are held for about 10–20 seconds. These should be related to the main activity.

**Ballistic Stretching** – bouncing stretches.

**Proprioceptive Neuromuscular Facilitation** – these are assisted stretches using the help of another person. Mainly done by top athletes after they have performed their static stretches.

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**Static Stretching**

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**Static Stretching**

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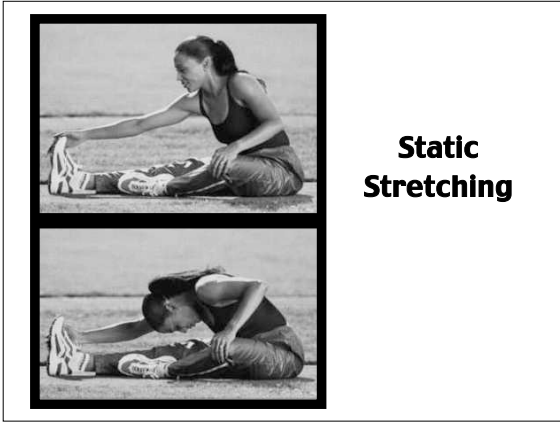
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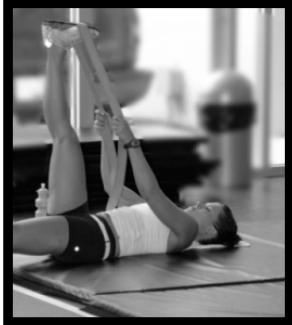
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**Ballistic Stretching**



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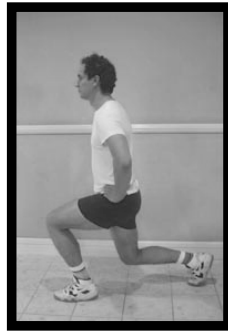
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**Ballistic Stretching**



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**PNF Stretching**



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### PNF Stretching



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### PNF Stretching



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### The Main Activity

The main activity may take a variety of forms.

1. It may vary in terms of training sessions e.g.

- Interval Training
- Continuous Training
- Fartlek Training
- Circuit Training
- Weight Training

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**The Main Activity**

The main activity may take a variety of forms.

2. It may vary depending on why they are training e.g.

- To lose weight
- To win a world title
- Rehabilitation after injury
- Improve current fitness

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**The Main Activity**

The main activity may take a variety of forms.

3. It may vary according to level of performer from elite athlete to fun runner.

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**The Main Activity**

The main activity may take a variety of forms.

4. Other factors include time of year (pre-season etc) and type of session (strength, endurance, aerobic etc.)

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### **The Main Activity**

The main activity may take a variety of forms.

- 5. It may be a skill session or a combination of skill and fitness or it may be the actual performance e.g. the football game, dance performance etc.

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### **Cool Down**

The cool down activities is just as vital as the warm up.

- 1. The cool down gradually returns the body to its normal temperature and the working pulse rate to the resting pulse rate.

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### **Cool Down**

The cool down activities is just as vital as the warm up.

- 2. It helps to prevent stiffness and soreness in the muscles by helping to keep the blood flow high, wash out all the waste products the muscles have produced and replenish the fuel stores,

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### Cool Down

The cool down activities is just as vital as the warm up.

3. In order to return the pulse to its resting rate, a similar activity could be used as the one to warm up.

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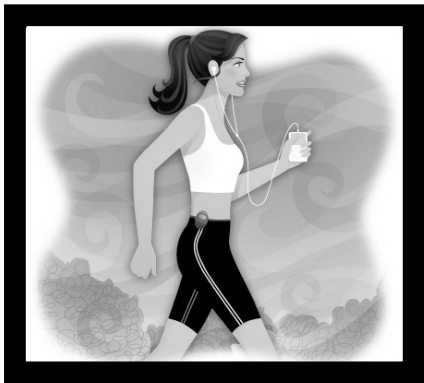
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