

WARM UP – MAIN ACTIVITY – COOL DOWN



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**

Warm Up

What should be included in the warm up?

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

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

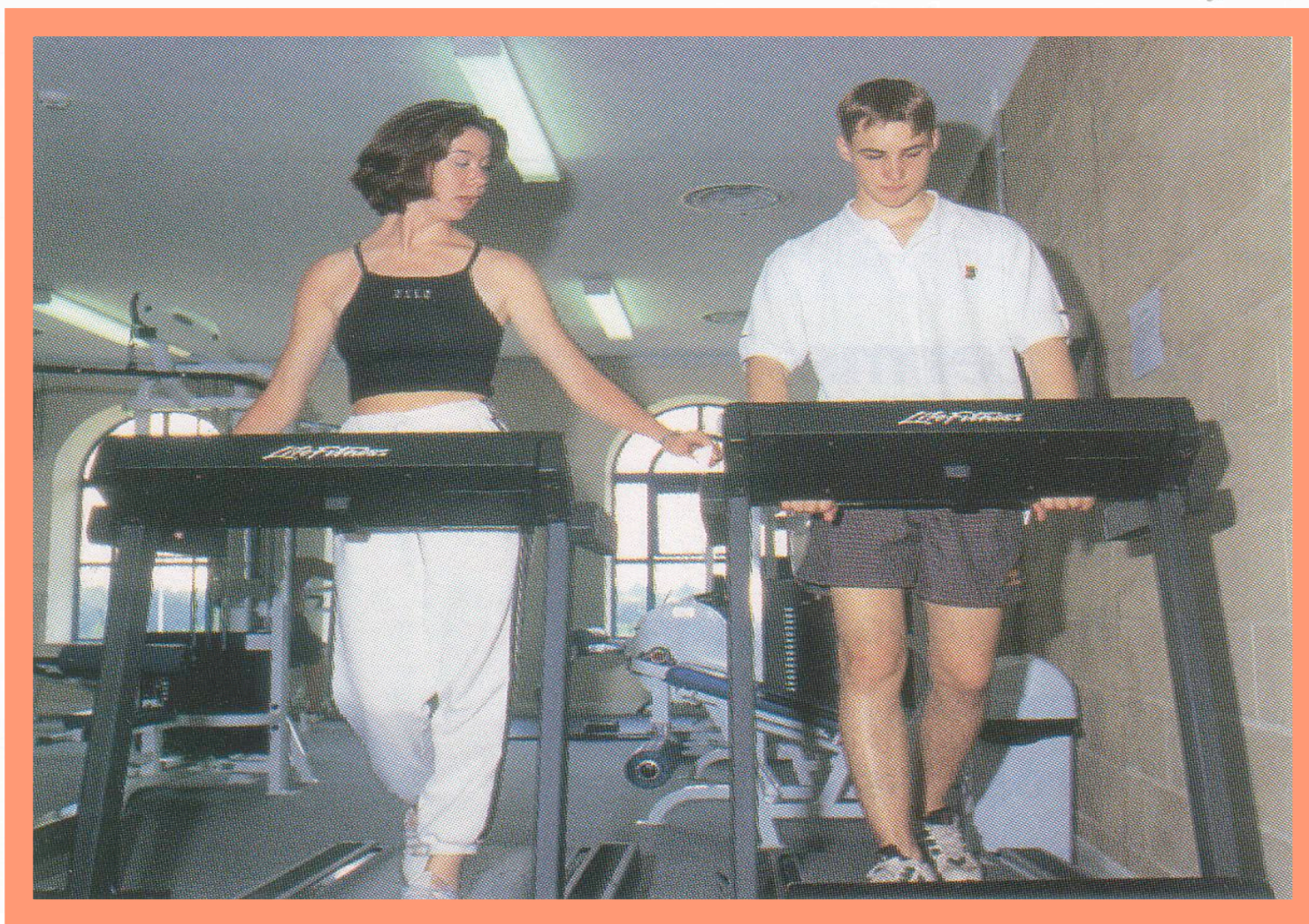
Cardiovascular Warm Up



Cardiovascular Warm Up



Cardiovascular Warm Up



Cardiovascular Warm Up



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**

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.



Static Stretching



Static Stretching



Static Stretching



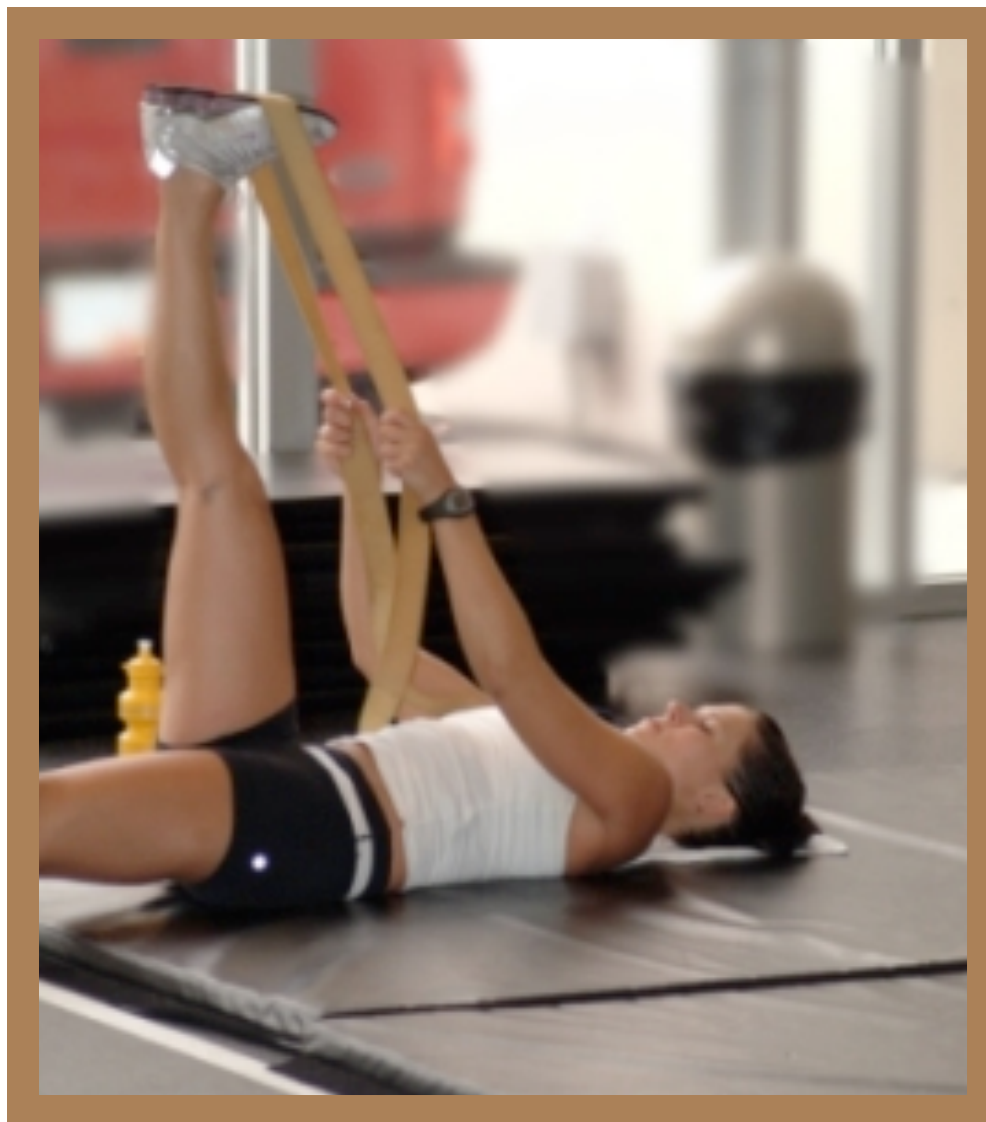
Static Stretching



Static Stretching



Ballistic Stretching



Ballistic Stretching



PNF Stretching



PNF Stretching



PNF Stretching



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**

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**

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.**

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.)**

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.**

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.**

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,**

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.**



