**The Mattock Dynamic Warm-Up for Runners**

Long-time readers know that I’m wary of static stretching. It can reduce performance and increase injury risk, while presenting few benefits to runners.

But if you’re not supposed to stretch before a run, then what should you do?

Simple: a series ofdynamic warm-up exercises that prepares the body to run.

And when you think about it, static stretching doesn’t even accomplish what a good series of warm-up exercises should, like:

* Increased heart rate and respiration (getting the body *revved up*for your workout)
* Improved range of motion and lubricated joints
* More capillary activation (delivering more oxygen to your muscles)
* Increased elasticity in your tendons and ligaments (this reduces the risk of tears)
* Enhanced performance

That last point is what excites me: a simple series of warm up exercises can help you run faster? Sign me up!

A [study](http://www.ncbi.nlm.nih.gov/pubmed/25932984?dopt=Abstract) published in 2015 in the Journal of Strength & Conditioning Research showed that well-trained male runners run faster after a dynamic warm-up.

Perhaps more importantly, after years of anecdotal evidence from thousands of runners who have simply *felt better*after a dynamic warm-up, I’m a big believer in these types of dynamic warm-up exercises.