

Pre-run warm-up sequence (5 to 10 minutes)

1. 5-minute general physical warm-up to activate upper body, lower body, and respiratory muscles

	Pose Name	Pose Description	Pose Transition Comments
	Mountain (<i>Tadasana</i>)	Inhale	
	Standing Forward Bend (<i>Uttanasana</i>)	Exhale	
	Standing Half Forward Bend (<i>Ardha Uttanasana</i>)	Inhale Maintain a long, straight spine	
	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	OPTIONAL Exhale Hold for 5 breaths	
	Lunge (<i>Ardha Mandalasana</i>)	Inhale Right leg forward -- Left leg extended Hold for 5 to 10 breaths	
	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	OPTIONAL Exhale Hold for 5 breaths	
	Lunge (<i>Ardha Mandalasana</i>)	Inhale Left leg forward -- Right leg extended Hold for 5 to 10 breaths	
	Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)	Exhale Hold for 5 breaths	
	Standing Half Forward Bend (<i>Ardha Uttanasana</i>)	Step both feet forward with the inhale	
	Standing Forward Bend (<i>Uttanasana</i>)	Exhale	
	Mountain (<i>Tadasana</i>)	Come to standing with an inhale. Take a few breaths and repeat the sequence. Repeat the sequence 3 to 5 times or as many times as you feel is appropriate for you.	

2. Slow, easy run out and back (2 minutes) in order to stimulate the nervous system and elevate the heart rate + body temperature.

3. Optional – If necessary, perform a few more lunges and /or forward bends.