

DRYO Injury-Free Running System

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Warm-Up Instructions

To get the best results and reduce the risk of injury, perform the following sequence before every running workout:

Step 1. Easy Jog

Begin with 5 minutes of easy jogging at a comfortable pace to increase blood flow and prepare your muscles for movement.

Step 2. Dynamic Mobility

Perform light dynamic stretches and mobility exercises for the ankles, hips, hamstrings, quadriceps, and upper body.

Step 3. Running Drills

Complete all running drills included in this program.

- Perform each drill twice.
- Focus on proper running mechanics rather than speed.
 - Maintain good posture and relaxed breathing.
- Take 15–30 seconds of rest between drills if needed.

Step 4. Main Running Session

After completing the warm-up and drills, proceed to your scheduled running workout.

Important Notes

- Quality is more important than speed.
- Stop any exercise that causes sharp pain.
- Consistency is the key to improving running technique and reducing injuries.
- These drills are designed to improve coordination, running mechanics, foot strength, balance, and overall running efficiency.

Recommended Frequency:

Perform these drills before every run or at least 3–4 times per week.

All drills should be completed before the main running workout as part of the warm-up routine.

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