Heating

What is heat?

Heating is what we do to before the track body for coming harder efforts. A good warm both performance enhancement and injury prevention effect.

Why should you warm up?

When we heat increases the temperature of the body and we will be able to perform better, both physically and mentally.

Physical effects such as heating provides:

• Syretranpsorten, nerve impulses and chemical processes easier

• Working muscles and organs get more blood

• Muscles, articular cartilage and ligaments can withstand more

Mental effects of heating provides:

• You become less tense

• The ability to concentrate increases

• You get increased motivation

Total effects that heating provides:

• Better performance

• Fewer injuries

• The desire to train and fight increasing

The purpose of heating is thus to increase the temperature in the muscles, which occurs when blood is routed to the working muscles. The increased temperature means that the oxygen can be more easily released and that energy metabolism and nerve impulses occur faster. Furthermore, tendon and muscle spindles easier to activate and respiration, cardiac activity and internal organs get a gradual adaptation to future performance. Even joints and cartilage are able to prepare.

How long should you warm up?

A proper warm-up takes anywhere from 8-10 minutes up to about 20 minutes, depending on the type of activity you are going to do afterwards and in your own training condition. In school physical education must unfortunately sometimes for reasons of time implementing shorter warm-ups.

General heating / tips on a good warm

1. Start slowly and increase intensity gradually so that lactic acid is avoided. The body needs time to warm up. If you feel uncomfortable breath or stiff, you should reduce the pace.

2. Avoid sprints and quick changes in direction.

3. Involve as many and as large muscle groups as possible by relatively simple movements.

4. Begin with circulation training and then go gradually over the burdening joints and small muscle groups. Stretch the muscles at the conclusion of the general warming.

5. Adjust the heating to the activity to follow.

6. Avoid prolonged chilling breaks during the heating time or before and during the main activity. If possible, wear clothes to keep you warm.

Anyone who conducts competitive sports or particularly demanding activities, need additional heating to supplement the general program. She or he must be especially warm up those muscles and joints to be burdened especially hard in the subsequent activity.

For warming up before a hard labor it is important to:

- Start slowly and then increase the pace gradually

- Perform the easiest steps first

Can I start directly with main activity?

Yes, if the training can start at an easy pace, for example, if you are going out and jogging or implement an easier exercise activity. If you use the first few minutes of walking or jogging at a gentle pace, the body has time to prepare. Increases the blood flow gradually and will eventually provide muscles with sufficient Browse our selection of oxygen. The answer is no if the task contains tackles, sprints, sudden changes in direction or hope.

The importance of proper attire

We regulate the heat with the clothes. When we exercise or work outdoors in cold weather, it is important to be properly dressed. Wear clothes that are easy to put on and remove, so you can adjust the temperature gradually. The cold causes a swiveling head a large heat loss. It need not be particularly cold before we need both a hat and gloves when we train.

Cooldown

As important as it is by heating it to cool down afterwards. The body is given the opportunity to gradually "lose revolutions" and "waste products" and lactic acid can then easily transported away. Even mentally it feels good. There is research that says that cool-down has a positive impact on the ability of muscles to recover and this prevents subsequent soreness. One can e.g. advantageously put extension exercises and relaxation at the end of lessons that included tougher cardio.

Activities which are suitable for heating

Activities to music

Music can be used in many ways in warming. We can walk, run and hope with different variations. We can perform movement combinations after own taste. Strength. And extension exercises are entered into the program, it is fine to have music. There are a number of opportunities to warm up to music, but many of them require experience in dancing or good operating schooling

- Folk Dances

- Aerobics

Activities with ball

Feel free to start warming working / playing with a ball in different ways, without thinking about the ball game you might be playing afterwards. Carry ball exercises with both arms legs, working the ball around the body and so on. Gradually, you can switch to normal standby and dribbling drills. Easier strength and stretching exercises should also be included.

Activities in the courtroom

Heating with skipping ropes, hoops, mats or benches are easy to use and organize. We can, for example quickly make prepared a simple obstacle course, where we use booms, plumb lines and other gear.

- Various forms of games are ideal as heating.

- Jogging in different ways and with different exercises, traditional heating and works well.

- If you are going to train you up again after an injury or a long illness, it may be appropriate to start warming to go. This can also be a good way to warm up if you are in bad shape.

Summary

• Heating is what you do to prepare your body for an upcoming activity or a subsequent work.

• If done correctly, it has both a motivational, performance-like damage prevention effect.

• The time you use to heat is dependent on your own terms, and the work or activity that you perform afterwards.

• The heating should be pleasurable. One should start with easier exercises and increase the intensity gradually.

• You should always warm up a little before the heavy work.

• Your dress is important for the ability to keep the heat and possibly regulate it.