

MSURC - Aqua Jog/Deep Water Run



Aqua jogging is very common as a recovery day exercise and for injury recovery work. It's a low impact and low joint strain day. It works to improve our running form and posture. It also helps to improve our range of motion/flexibility. Be mindful of where your arms, knees and toes are as we aqua jog

Warm Up

- No need to warm up for this

20 mins - 60 mins

- Stay upright with your back straight and your shoulders back, use a natural running motion, don't exaggerate your movements even though it's easy to do so

Cool Down

- No need to cooldown for this

This works really well as an active recovery day and is fine to stick on a rest day if your itching to get some work in -Matt

Equipment

- I'm still figuring out what our access to the aqua belts might look like, follow up update will be here once I find out - some are available inside the IM west pool
- You can buy your own belt if you want, aqua jogging is a really great recovery day activity and you will get your money's worth pretty quick, [Example Belt For Sale](#)