

R.A.M.P.

Quite often, the transition from resting to high level training is overlooked or rushed through to get on with the main part of your activity and athletes/sports people will go from sitting at a desk to running or gym work without consideration of 'warming up'. However, poor preparation for sports and training can lead to reduced output or worse, injury which can have devastating consequences for the athlete. Throughout this article I am going to take you through the structure of the R.A.M.P. warm up developed by Ian Jeffreys (professor in strength & conditioning) which focuses on integrating the warmup into every training session to optimize athletic performance during the session to follow and also contribute to long term development and resilience against injury.

The R.A.M.P. method is a logical and progressive sequence physiologically preparing your body for the activity ahead and should also be considered in relation to other benefits of training rather than a means of short-term preparation for exercise. Unlike traditional warm ups, the RAMP sequence considers the 'skills' component of sports and training – whether this is a team sport, running technique or gym-based training, a high level of skill is involved in these activities that can be incorporated into your preparation phase not only for the shorter-term benefits of a warm up but for the longer term development of movement quality, skill development and athletic performance.

The acronym R.A.M.P stands for:



RAISE



ACTIVATE



MOBILIZE



POTENTIATE

The Raise Phase

Like traditional warm ups the first part of the R.A.M.P. sequence is to RAISE physiological parameters including heart rate, blood flow, core and muscle temperature, muscle elasticity as well as raise neural activation and conductivity. This can be achieved with low intensity cardiovascular activity such as jogging, cycle ergo, rowing etc. these activities may have no resemblance to the activity performed in the main part of the training session, but certainly achieve the aim. For team sports it may be more time efficient to incorporate low level sports skills into this phase such as jogging whilst throwing / catching a ball, dribbling or bouncing a ball. Even gym sessions can be made more specific to the activity to follow by incorporating technique-based movements that progressively increase as the RAISE phase increases and this will lead very nicely into the ACTIVATE and MOBILIZE phase of the R.A.M.P.

Activate & Mobilize

The benefits gained during the RAISE phase should now be carried forwards into the ACTIVATE & MOBILIZE phases. Previous warm up protocols have included stretching at this point. However, research has shown that stretching has no carryover to athletic performance and in some studies has shown a decrease in power. What we do know is that there is no link between stretching and injury prevention. (More on stretching in a later edition of Train Smarter).

The ACTIVATE & MOBILIZE phase focuses on the longer-term development of functional patterns and NOT increased movement about a specific joint. I often see athletes or soldiers with a good range of movement at a joint but are unable to integrate this into a movement pattern. This is because effective movement is an integration of co-ordinated patterns of movement at multiple joints which requires not only flexibility but stability, motor control and strength throughout range.

Dynamic lunges, overhead squatting and trunk rotational movements are all great examples of fundamental movement patterns that require co-ordinated, optimal range of movement at multiple joints.

Potential phase

This phase is the transition between the warmup and the main part of the training or competition. In team sports this may involve a rehearsal of drills at near full speed. For runners and gym training sessions the inclusion of speed and agility training can be performed which is all too often overlooked. Very little activities on the sports field or in athletic competition are performed slowly, therefore this is an opportunity to integrate speed and agility into your weekly training program with very little addition to your training volume or time and has a massive benefit or carryover to performance, prevention of injury and all-round athletic robustness. [RAMP warm up for runners](#)



