

STRETCHES

- Stretching is an important part of running and can help improve performance, prevent injuries and stiffness, and leave muscles relaxed and long.
- Hold all stretches for 15-30 seconds. Repeat each stretch 2 or 3 times. Stretch both sides of the body evenly.
- Breathe and stay relaxed. If there is pain when stretching tell the runner to ease off the stretch.
- Do not bounce when stretching. A feeling of tension of pulling should be felt in the muscle being stretched.

QUADRICEPS

- Stand tall beside a wall or a partner for balance
- Bend right leg and grasp above the ankle with right hand
- Keep left leg slightly bent and knees together
- Gently press right hip forward
- You should feel the stretch in the right thigh and hip
- Switch legs and repeat



UPPER CALVES

- Stand tall and take a big step forward with right leg and hands against a wall for balance
- Keep both toes pointed forward
- Bend the right knee and press the heel of the left foot down
- You should feel the stretch in the calf of your back leg
- Switch legs and repeat



HAMSTRINGS

- Stand about a foot behind a low object
- Place right heel on the object and keep foot flexed
- Lean forward, bending at the hips and keeping back straight
- You should feel the stretch in the right hamstring
- Switch legs and repeat



UPPER CALVES

- Start in the same position as the calf stretch above
- Bend both knees, keeping heels on the ground
- You should feel the stretch in the Achilles tendon and lower calf area of the left leg
- Switch legs and repeat



SEATED ADDUCTOR

- Sit with left leg extended in front and right leg pulled towards body.
- Sole of the right foot should touch inner thigh of opposite leg
- Lean upper body towards left foot, with a straight back and head up
- Switch sides and repeat



INNER THIGH

- Sit with feet pulled towards the body, soles of feet touching
- Place hands on ankles and elbows on knees
- Bend forward with a straight back and head up, gently pressing elbows on knees



STANDING ADDUCTOR

- Stand with feet spread wider than shoulder-width, hands on hips for balance
- Keep feet pointed forward
- Bend left knee, bringing weight over to that side
- Keep the right leg straight with knee facing forward
- Switch sides and repeat



HIP FLEXORS

- Kneel on the ground
- Bring right leg forward to a 90 degree angle with foot flat on the ground
- Keep back straight and tilt pelvis forward
- Lean forward until you feel the stretch in the front of left hip
- Switch sides and repeat



LOWER BACK

- Lie on back with knees bent and feet flat on the floor
- Bring right knee to chest
- Clasp hands over the right knee
- Switch sides and repeat



HIPS & GLUTEALS

- Lie on back with knees bent and feet flat on the floor. Cross the right leg over left knee at the ankle, keeping the right knee at a 90 degree angle
- Hold left thigh just below the knee (slip right hand between legs), and pull towards the body
- By leaning legs slightly left or right, the location of the stretch within the glute can be changed
- Switch sides and repeat



ABOVE HEAD THORACIC

- Stand very tall and straight with hands clasped together
- Reach hands overhead, keeping arms straight
- Reach back with arms and push chest out slightly
- Don't bend the back



BEHIND BACK THORACIC

- Stand very tall and straight with hands clasped together behind the back at waist height
- Keep arms straight
- Participants should lift arms upward until they feel a stretch
- Don't bend the back



SHOULDERS

- Stand very straight against a wall
- Keep arms straight and the backs of the hands flat against the wall
- Raise arms to shoulder height
- Keeping elbows and shoulders aligned, bring hands closer to the head until they form a 90 degree angle
- Tell participants to slide arms up the wall until they feel a stretch



Step 1

Step 2