

## Great Stretches for Runners

*The following static stretches are great as a post run stretching routine. Try and work them in as often as you can. Hold each of these stretches for at least 15 seconds but not more than 30 seconds.*

### **Hamstring Stretch #1 – Lying Leg Reach**

\*Sitting or lying on your back is the preferred methods of stretching your hamstrings since they are not being activated like they are when you are standing up. Make these a priority, since runner's hamstrings get tight!

Lie on your back and raise one leg up in the air. Reach and grab as high on your leg as you can, pulling your leg gently towards you. Keep your other leg down with bent knee and your foot on the floor or flat.



### **Hamstring Stretch #2 – Lying Leg Reach with Towel**

This is a variation of the first with a towel added. Placing the middle of the towel under your forefoot and pulling down will bring your raised leg towards your head and gives you a real nice stretch.



### **Hamstring Stretch #3 – Sit and Reach**

While sitting, bring one leg in towards your groin and leave the other one straight out. Reach towards your toes with both hands and hang on if possible. Change legs and repeat with the other leg and finally do the same for both legs.



### **Hamstring Stretch #4 – The Hurdler**

Kneel on one knee and extend your other leg out resting on your heel. Reach for your toes with one or both hands. Switch legs and repeat.



### **Hamstrings & Psoas Stretch #1 – Runner’s Pose**

Start by going into a deep lunge with your back leg straight and nice posture. Then, attempt to put both of your elbows flat on the floor on the inside of your forward bent leg. You might only be able to put your hands down at first, but this will come with flexibility 😊



### **Hamstrings and Psoas Stretch #2 – Bench Lunge**

Step up onto a bench or any other raised surface – a chair or staircase also works well. While, keeping good posture, gently lean forward into the lunge. The more upright your posture is, the more you will feel this in your hip flexors.



### **Quad Stretch – Standing Jack Knife**

This is your run of the mill quad stretch involving a bit of balance too unless you have something to hang on to. Stand on one leg and bring your foot of the other leg up towards your butt. Be sure to maintain good posture for a nice stretch, and hold your foot with both hands behind your back if you can.



### **Calves & Lower back – Combination stretches**

These are a combination of moves that flow together nicely. If you have ever done Yoga you will be thoroughly familiar with these movements.

Start in downward dog position with your hands slightly wider than shoulder width apart and flat on the ground. Keep your feet together and as flat on the ground as possible. Tight hamstrings and calf muscles will challenge your getting your feet flat, but again this will come with enhanced flexibility. Bend one leg giving a nice stretch to your calves and feet, alternating legs back and forth several times.



Next, while keeping your feet where they are, move down into sun salutation. Let your pelvis drop to the floor and reach up and back with your head. Keep your hands flat on the floor.



From this position move your pelvis back into child's pose. Sit on your feet while letting your head fall forward and your arms extended out. This really opens up the hips nicely.



Finally go up onto all fours and alternate arching and rounding your back. This is great for stretching lower back and opening up your spine.



### **Glutes, Piriformis & ITB – Sitting and Reaching**

This is a great stretch for your piriformis and ITB because again when you are standing it can be difficult to release and relax your muscles. You can vary where this stretch hits when you lean forward by moving your angles left, centre and right as you reach with your upper body

