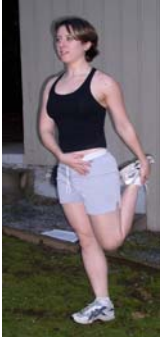


Current
TRAINING SOLUTIONS
Stretching for Runners

- Hold each stretch for a minimum 8 count.
- All stretches are static – no bouncing
- Take stretches only to point of tension, if you feel any discomfort, discontinue immediately.



Hamstrings – Standing, straighten one leg out in front of you, slightly bending the other leg. Keeping your back straight, shoulders away from your ears, bend slowly forward until you feel a slight pull in the back of the straight leg. Repeat on other leg.



Quads - Using a railing or tree for balance, bend one leg behind, grabbing your foot at the ankle or over your shoe laces. Be careful to keep knees parallel, the bent one pointing straight down to the ground. To intensify the stretch, think about pushing your hip forward on the same side as the bent leg. For those less flexible stand in front of a chair or a step and place your foot on it behind you. Still keeping your knees parallel, focus on pushing your hip forward. You should feel the stretch down the front of the top of your leg.



Calves – Leaning against a post or wall, reach one leg back behind you. Keeping a slight bend in the knee push into the wall and down through the heel of your back foot. After holding for 8 counts, bend that leg a little more. You should feel the stretch move to the bottom of your calf. Repeat on other leg.



Glutes – Holding on for balance cross one leg in front of the other, just above your knee. Keeping your back straight, sit back into the stretch. Think about pushing the knee of the crossed leg away from you. Repeat on other leg.



Hip Flexor – Take a large step forward. Tip your pelvis forward until you feel a stretch through your hip flexor. Bend your knee and sink down into the stretch as far as it's comfortable. Repeat on other side.



Abdominals/Obliques – Reach your hands above your head stretching through your fingertips. Clasp hands together and slowly lean to one side, continuing to stretch away, lengthening your body. Hold to the side. Slowly return to the centre and continue over to other side. Hold on other side...return to centre and release.



Shoulders – Do a big shoulder roll, dropping your shoulders down and away from your ears. Reach one arm straight out in front of you. Using your other hand, gently grab your upper arm and pull in towards you until you feel the stretch in the back of your shoulder. Hold. Repeat on other side.