

Stretching for Runners

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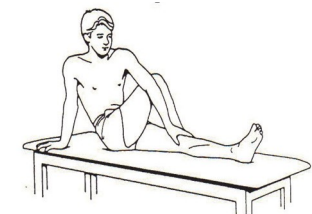


Guidelines for all stretches

1. Warm up first
2. Hold each stretch for 30 seconds or more
3. Stretch pain free. If you feel pain stop and start over - gently
4. Don't bounce

Piriformis

- Cross Leg over thigh
- Place elbow over outside of knee
- Gently push bent knee across body



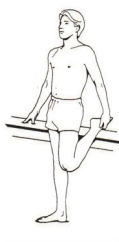
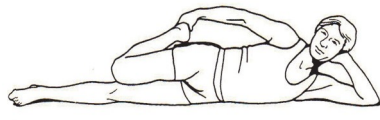
IT Band

- Cross left leg over right leg
- Lean to left until stretch is felt on outside of hip
- Reverse legs to stretch the opposite



Quadriceps

- Side-lying OR standing
- Pull heel toward buttock until stretch is felt

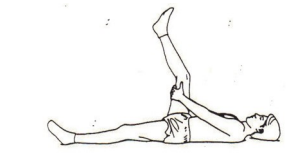


Psoas (hip flexors)

- Start in a lung position with one knee on the floor
- Keep your front knee over ankle
- Extend the back leg to 45 degrees
- Keeping the body upright, lower your hips to the floor

Hamstrings 1

- Lying on back
- Support thigh behind knee
- Slowly straighten knee until stretch is felt



Hamstrings 2

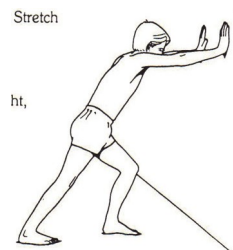
- Place foot on stool
- Slowly lean forward
- Reach down to shin until stretch is felt

KEEP BACK STRAIGHT



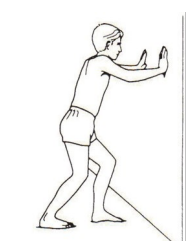
Gastroc

- Back leg straight
- Heel on the floor and slightly turned out
- Lean into wall until stretch is felt



Soleus

- Back leg slightly bent
- Heel on floor and slightly turned out
- Lean into wall until stretch is felt



See more stretching videos at: www.KeepLifeActive.ca/videos