

# 8027 - Running Stretches



## **Calf stretch**

Stand about three feet from a wall, feet at shoulder width and flat on the ground. Put your hands on the wall and lean your hips forward. You may want to step one leg forward and concentrate on one calf at a time.

## **Soleus stretch** (muscle underneath your calf)

From your calf stretch, bend your knee slightly and keep heel on the ground.

## **Quadriceps stretch**

Stand on one foot, with one hand on a wall for balance. Hold the other foot with the other hand and raise the heel of the lifted foot to the buttocks (or as close as comfortably possible), stretching your quadriceps. Keep your body upright throughout. Change legs and repeat.

## **Hip Flexor stretch**

Kneel on a mat and bring one leg forward and slide the back leg slightly back. Keep your body upright. Gently push the back hip forward. Lift your arms to the ceiling and lean slightly back if necessary.

## **Hamstring stretch**

- 1) Put your foot up on something elevated (a chair, a bench, a curb). Keeping your back straight, lean slightly forward until you feel a stretch in the back of your leg. (tip: tilt your tailbone up slightly)
- 2) Lie down with one leg straight up in the air, the other bent, with foot flat on the ground. Loop a rope (or towel) around your foot and gently pull on the rope, keeping your leg as straight as possible. Tailbone is down on the ground!

## **Illiotalibial Band Stretch**

While your foot is in the rope, keeping your leg straight and hips level, gently bring your leg over your midline (should feel a stretch down the side of your leg).

- Using a foam roller is also extremely effective!

## **Hamstring and Back Stretch**

Lie on your back with your knees bent. Hug your shins to your chest to stretch your hamstrings and lower back. You can lay one leg down on the floor at a time.

## **Glute Stretch**

Lying down on back, place one foot on top of opposite knee, pull through the legs bringing them towards chest

## **Pigeon Pose**

Start in the hip flexor stretch position. Walk your front leg over to the opposite side of the mat. Lay your knee down and sink your hips down.

## **Groin stretch**

Seated, put the soles of your feet together. Sit tall and just lean slightly forward.

