

# Beginning Women's Running Group

by Kelly Bails

## *Stretching for Runners*

1. Warm up with walking or a light jog before stretching.
2. Exhale as you "move into" the stretch.
3. Breathe normally while stretching (do not hold your breath).
4. Do not bounce as you stretch, but slowly move into stretch.
5. Hold the stretch for 10-30 seconds.
6. Repeat stretching after you have finished your workout.



### **Quadriceps stretch**

- Hold onto a stable object for balance.
- Lift one leg toward buttocks. Keep opposite knee slightly bent.
- Grasp the ankle or pant leg with the opposite hand and gently pull.
- Maintain an upright posture, keeping knees close together.
- Repeat with other leg.



### **Hip Flexor Stretch**

- Move one foot forward approximately 3 feet
- Keep back straight and move forward.
- Knee should be directly over the heel of the foot. Caution, at no time should the front knee go past the toe!
- Repeat with other leg.



### **Hamstring stretch**

- Place heel on the floor slightly in front of you, or on a low object.
- Keeping the knee of the extended leg straight, slightly bend other knee.
- Maintain a straight back and lean forward from the hips.
- Keep chest and head lifted.
- Repeat with other leg.

## Second Wind Running Club



### Iliotibial band stretch

- Place one foot around the other, with both feet flat on the ground.
- Keeping both legs straight, lean your hips towards the side of your rearmost foot (so, if your right foot is rearmost, lean your hips to the right).
- You should feel the stretch down the outside of your leg and around your hip – if you are very stiff, it may take a few times before you feel anything.
- Repeat on other side.



### Calf stretch

- Take a step forward, slightly larger than a normal stride length.
- Both feet should be pointed forward.
- Keep the back leg straight and your heel on the ground.
- Slowly move your weight forward, bending the front knee. Do not let your front knee move beyond your front foot.
- Repeat with other leg.



### Achilles stretch

- Take a step forward, slightly larger than a normal stride length.
- Both feet should be pointed forward.
- Slowly move your weight forward, bending the front knee. Do not let your front knee move beyond your front foot.
- Slightly bend your back knee.



### Butterfly (inner thigh)

- Sit with your back straight and knees bent.
- Place the soles of your feet together.
- Drop your knees toward the floor, until you feel a stretch along the inside of your thighs.