

# Stretches for running

## Why stretch

Stretching before or after exercise can aid performance, endurance and recovery. Stretching can help to increase your range of motion and prevent injury to your muscles and joints; helping to improve your walking and running form.

## When to stretch

Stretch before, after or \*before and after you exercise.



\*If stretching before you exercise, start with a brief warm up by marching on the spot or walking for 3-5 minutes.

## Tips

- ✓ Stretch slowly, ease in and out of each posture.
- ✓ Hold for each stretch for 30-45 seconds.
- ✓ Repeat each stretch 1-3 times per leg/arm.
- ✓ Avoid bouncing: this could lead to muscle sprains without proper warm up.

Here are some great stretches you can start with:

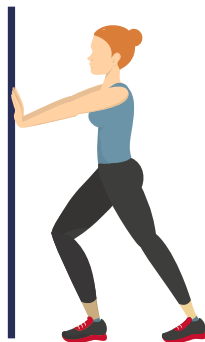
### Quadriceps stretch

- ✓ Hold your ankle – tummy tucked
- ✓ Knees together
- ✓ Those who find balance a bit tricky may like to try holding on to a nearby bench or tree for extra support



### Calf stretch

- ✓ Back straight
- ✓ Back leg straight
- ✓ Heel on ground
- ✓ Front leg bent
- ✓ Supported by tree/pole/car/bench



### Seated hamstring stretch

- ✓ Sit with back straight
- ✓ Bend one knee
- ✓ One leg out straight
- ✓ Toes up
- ✓ Lean forward to reach towards/touch your toes



### Hip flexor stretch

- ✓ Kneel on one knee
- ✓ One foot forward and flat on the ground
- ✓ Back straight
- ✓ Lean into front foot

