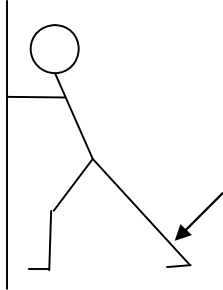


Runner's Stretching Routine

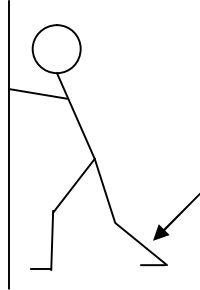
Below is a simple stretching routine that covers the major running muscles. If you have other favorite stretches that work well for you, you should continue to use them. This page is provided simply to illustrate how to do the stretches.

Calf Stretch #1



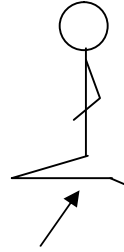
Lean against a wall. With your heel on the ground and knee straight, push your hips forward.

Calf Stretch #2



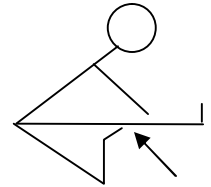
Lean against a wall. With your heel on the ground and knee bent, push your hips forward.

Anterior Shin Stretch



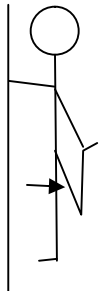
Sit on your shins/feet with your toes pointing directly backwards.

Hamstring Stretch



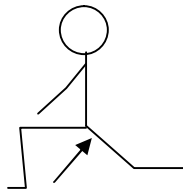
Sit on the floor with one leg extended. Lean towards the extended leg.

Quadriceps Stretch



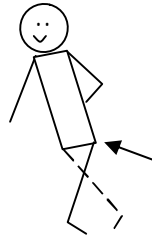
Stand on one leg. Bend your other leg and pull the heel towards your buttock.

Psoas Stretch



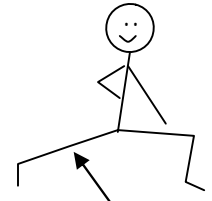
Extend one leg behind your body. Bend your front leg and push your hips forward.

ITB Stretch



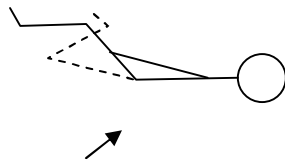
Stand on one leg. Lean sideways away from that hip. Place your other leg (dotted line) in front for balance.

Groin Stretch



Stand with a wide stance. Straighten one leg, bend the other and lean towards the bent leg.

Bum Stretch #1



Lie on your back. Cross one leg (dotted) over the other. Pull uncrossed leg up towards your chest.

Bum Stretch #2



Sit with one leg bent. Cross the other leg over the bent leg. Try to press the hip of the crossed leg down to the ground.