

## Handout for Week 1:

# Stretches

Below are some of the most important stretches for runners to do after each session.



### Back of lower leg – calf – gastrocnemius

#### Key tips

- Both feet point straight at wall
- Heel of back foot flat
- Back straight
- Feel stretch at back of rear lower leg



### Back of thigh - hamstrings

#### Key tips

- One leg in front of the other and straight knee
- Sit back on support leg with bottom out and straight back
- Hands on bent knee
- Feel stretch on back of thigh of straight leg



### Back of lower leg – calf – soleus

#### Key tips

- Feet closer than above
- Toes point forward
- Weight on rear leg
- Heels flat on ground
- Stretch felt in lowest part of calf



### Outside of thigh and hip – iliotibial band

#### Key tips

- Cross one foot behind the other
- Keep back straight
- Push hip of back leg away from centre of body
- Feel stretch on outer side of rear thigh and hip



### Front of thigh – quadriceps

#### Key tips

- Hold wall for support
- Knees level
- Support leg slightly bent
- Stand tall with tummy in
- Feel stretch on front of thigh



### Inside thigh - adductors

#### Key tips

- Stand with feet a little over shoulder width apart
- Keep back straight
- Feet face forward
- Lean to one side, bending that knee
- Feel stretch on inside thigh of straight leg



### Side of trunk

#### Key tips

- Stand with feet a little over shoulder width apart
- Keep back straight
- Take arm over head
- Feel stretch down side of trunk