

Pre-run Stretching

Leg Swings front/back (x15)



While standing on right foot, swing left leg forward then backward.

Leg Swings left/right (x15)



While standing on right foot, swing left leg to the left then to the right. Keep facing forward.

High knees (one minute)



While walking forward, raise your right knee towards your chest then return foot to ground.

Butt kicks (one minute)



While walking forward, kick right heel behind you towards your buttocks then return foot to ground.

Tippy toes (one minute)



Walk forward on the balls of your feet.

Foot taps (one minute)



While walking forward, bring right foot up towards left hand, tap it then return foot to ground.

Start slow.

Be gentle.

Repeat for left leg.

Post-run Stretching

Standing Quad Stretch



Stand on right foot. Hold left foot at the ankle, and bend left knee behind you so that left foot is pulled up to your buttocks.

Inner thighs



Stand on right foot. Squat slightly and place lower left leg (just above ankle) across top of right knee.

Wall Calf Stretch



Place right heel about six inches from a wall, which will make the toes rest on the wall. Slightly lean in towards the wall.

Standing Hamstring Stretch



Place right foot in front of you with your heel on the ground and your toes flexed upward. Keeping your weight on left leg, squat slightly.

Basic IT Band Stretch



Cross right foot in front of left foot. Drop right hip slightly while pushing left hip further to the left.

Lower Back Stretch



Stand straight. Slowly bend at the waist reaching towards the ground.

Hold for approximately 30 seconds on each leg.