

# 6 Key Stretches for Runners

- Ideally, stretch when you are warmed up, post-run is better than pre-run
- Hold each stretch to point of tension (no discomfort or pain) for 10-30 seconds
- these stretches help reduce injuries and improve running mechanics



## Hamstring Stretch

In a standing or seated position, reach for your toes with straight legs. Reach until you hit a point of tension and hold for 10-30 seconds.

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## Hip Flexor Stretch

Step one foot forward and your other knee on the ground. Tuck your pelvis and feel stretch in your hip flexor. Hold for 10-30 seconds and repeat on the other side.

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## Quad Stretch

Balance on one foot and hold your right foot in your right hand. Slightly bend your standing knee and tuck your pelvis. Hold for 10-30 seconds and switch sides.

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## Calf Stretch

Lunge one foot forward keeping your back leg straight and both heels on the ground. Lean into the wall, feeling this stretch in your calves. Hold for 10-30 seconds and repeat on the other side.

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## Figure Four Stretch

Laying down, cross your right foot over your left knee and hug your knee into your chest, pressing your right knee away from you. Hold for 10-30 seconds and switch sides.

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## IT Band Stretch

Cross your right foot over your left, sticking your right hip out and reaching your right arm to the left. You should feel this stretch in your right IT band (hip to knee). Hold for 10-30 seconds and switch sides.

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