

## *Yoga for Runners*

By: Liz Vail

**\*Warrior 3:** From standing, extended one leg back in line with your hip and hover torso parallel with floor, extend arms forward in line with ears. Engage core, activate feet, and relax the neck.



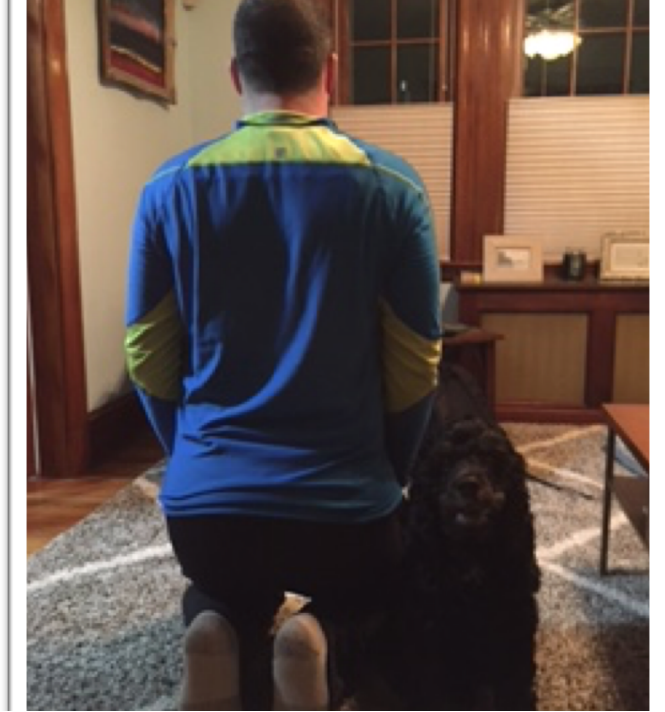
**\*Cat/Cow:** Position self on hands and knees, with hands underneath shoulders and knees underneath hips (table top position). Breathe in and arch spine. Breathe out and round spine. Continue for 5-8 more rounds.



**\*Basic Calf Stretch:** From table top position, extended one leg at a time back with toes pointed down and on floor. Drive through the heel of extended leg and reach chest forward. (Repeat on other side)



- **“Broken Toe Pose:”** From table top position, tuck toes and send weight back towards heels, trying to sit as upright as possible. You may need to shift weight more forwards if too intense. “Bang out” tops of feet in table top when completed. This pose is great to help prevent and manage plantar fasciitis.



**\*Downward Dog:** From table top position, extended hands about one inch in front of shoulders. Spread your fingers wide, with your index fingers facing directly forwards. Keep your feet hip distance, tuck your toes, and lift your hips up and back. In downward dog, it might feel nice to pedal the feet, cross one foot over at a time, and/or sway hips side to side. From downward dog, walk feet to a standing forward fold with at least a soft bend to the knees.



**\*Lunging Side to Side Inner Hip/Groin Stretch:** Stand with feet wide and toes turned out. Bend into right knee and crawl fingertips over towards right foot. (Repeat on other side)



**\*Standing IT Band Stretch:** Stand with feet hip distance. Cross your right foot over left, bend at knees, and fold over legs, walking hands towards the right. (Repeat on other side)

**\*Hip Flexor Lunge:** Bend at 90 degrees in right knee, stacking it over your right ankle. Extend left leg back with a soft bend to left knees. Feet are hip distance apart. All tend toes are facing forward. Take your right hand to your right side waist. Lift left arm up and lean towards right side. (Repeat on other side)



**\*Hamstring Stretch from Lunge:** From table top, extend right leg forwards and come onto heel of right foot. Flex your right toes and with a flat spine fold towards top of right leg. (Repeat on other side)



**\*IT Band Stretch from Lunge:** From previous hamstring pose, let your right foot fall over to the right and walk hands towards the outside of your right leg. Relax the back of the neck by dropping chin towards chest. (Repeat on other side)



**\*Seated IT Band Stretch:** Cross your left leg over a straight right leg. Square hips off and flex right toes. Drop chin towards chest. (Repeat on other side)





**\*Seat**



in front of left and fold at hips. (Repeat on other side)

**\*Frog Pose (stretches inner hips and Groin):** Come onto belly and forearms. Place your feet in line with your knees with toes pointed out. Begin to set weight back towards feet. For more of a stretch, widen knees and set more weight back. You may want to place a blanket under the knees.

