

Yoga Poses To Support Running  
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1 Legged Frog



Fallen Warrior



Reclined Pigeon variation



Butterfly



9

Prying Squat



10

Cossak Stetch



11

Lunge



12

Standing Single Leg Fold



Half Split



Head to Knee Pose



## Bridge

### Guidelines:

- Hold static stretches after run once body has been warmed up
- Do not bounce
- Hold stretches for at least 30 seconds
- Repeat for more repetitions on tighter side