

# Stretches and Exercises for Runners

MOVE OF THE MONTH JUNE ISSUE 2012

## THE MOVES

Whether you are an avid runner or a seasonal runner, these stretches will help stretch and strengthen areas that tend get tight due to running. Perform these movements after you run and again on your days off.

### 1. Ankle and Calf



Place the balls of feet on a step and let the heel of one foot fall towards the ground. Hold for 30 seconds. Do 2 times each calf.

### 2. Psoas/Hip Flexor Stretch



Stand 6" away from a wall with your back facing the wall. Lean left shin with pointed foot on the wall. Stand tall and keep upper body parallel to the wall. Hold for 30 seconds, do 2 times.

### 3. Glute Bridge Exercise



Lie on the floor, arms at your sides, knees bent, and heels on the floor (1). Lift your hips with knees, hips, and shoulders forming a straight line (2). Hold 2 seconds, then return to start. Do 10 times.

### 4. IT Band Massage with Foam Roller



Lie sideways with the foam roller under the side of your thigh. Roll between your knee and your hip bone. Roll for 60 seconds. Repeat with other leg.

## **5. Glute Medius**



Lie on your side. Lean your whole body forward 45 degrees and rotate your top foot so that the toes are touching the heel of your bottom foot. Lift your heel 4 inches off the ground and then lower back down. Do 25 reps.

## **6. Quads**



Lie on your left side with your left hip flexed and thigh pulled up towards chest. Grab right foot with right hand. Contract your abdominals and pull on foot to feel the stretch in the front of your right thigh. Hold for 30 seconds. Repeat with the other leg.

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