

Stretching Exercises

The following are recommended stretches for beginner and novice runners.

Calf

- Stand about a metre from a wall, rail, or tree.
- Place your feet flat on the ground toes slightly turned inward.
- Bend your forward leg.
- Keep your opposite leg back and straight and feel the tension in the calf.
- Bend the straight leg at the knee to work the Achilles tendon.



Iliotibial Band Stretch

- Stand parallel to a wall, an arm's length away.
- With feet together, extend your arm sideways, wrist bent, with your palm against the wall.
- Lean towards the wall with your opposite hand on the outside of your hip.
- Breathe in and out with your legs straight
- Tighten your buttocks and push your hips towards the wall.
- Push, feeling the stretch on the outside of the leg nearest the wall.
- Hold the stretch—breathe and relax.
- Repeat on the other leg.



Hamstring

- Use a corner, doorway, or tree and lie flat on your back.
- Raise one leg on the doorway, corner, or tree.
- Your other leg should be flat on the ground.
- With breathing relaxed and both legs straight, do not bend your knee.
- You can increase the stretch by moving your butt closer to the doorway or tree.
- Hold the stretch and relax.
- Repeat with your other leg.



Groin

- Sit upright with your back straight.
- Sit with knees up, then let them drop open to the sides with the soles of your shoes facing each other.
- Hands on your ankles, pull your feet towards your buttocks.
- Rest your arms on the insides of your legs.
- Gently push your knees toward the ground.
- Feel the stretch in your groin area, breathe, relax.



Quadriceps

- Place one arm on a wall or rail to balance yourself.
- Use the other hand to pull the foot back.
- The bent knee should touch the other knee.
- To protect the back, pull your abdominal muscles in with a pelvic tilt.
- Watch your alignment, heel back toward your buttocks, knees together.
- Stretch, breathe, and relax.
- Repeat with your other leg.



Buttock Stretch

- Sit up straight with one leg straight and the knee of the other leg bent.
- With the foot of the bent leg on the outside of the straightened leg.
- Slowly bend the leg towards the opposing shoulder.
- Feel the stretch high in the hip and buttock area of the bent leg.
- Hold the stretch, breathe, and relax.



Lower Back

- Lie flat on your back with your legs straight out.
- Bring your bent knees up to your chest.
- Grasp your legs behind the knees.
- Keep your knees together.
- Gently pull your knees to your chest.
- Keep your back flat on the ground.
- Breathe, hold the stretch, and relax.



Hip Flexor

- Kneel on one knee and place the other forward at a 90-degree stance.
- Keep your back straight and maintain a pelvic tilt.
- The rear knee is planted to stretch the hip in front.
- Keep your knee on the ground and shift your hips forward.
- You should feel the stretch in the hip of the rear leg.
- Switch legs and repeat.

