

Recommended Stretches for Runners



SUPINE HAMSTRING STRETCHES

Place strap or belt around foot and pull leg up as pictured until stretch is felt in hamstrings (back of your thigh). Keep knee straight.

Hold 30 seconds for 3 repetitions.



IT BAND STRETCHES

Place strap around foot and pull leg up and cross your body. Stretch should be felt on outside of thigh between knee and hip.

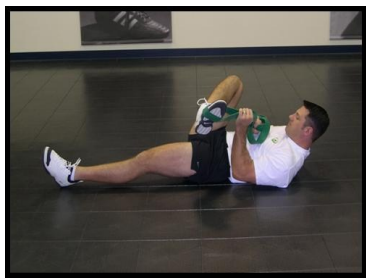
Hold 30 seconds for 3 repetitions.



HIP ADDUCTOR STRETCHES

Place strap around foot and pull leg out and away from body as pictured. Stretch should be felt in inner thigh.

Hold 30 seconds for 3 repetitions.



PIRIFORMIS STRETCHES

Place strap around foot. Pull foot and knee toward the opposite shoulder. Stretch should be felt in posterior hip and buttocks.

Hold 30 seconds for 3 repetitions.



QUAD STRETCHES

Lie on stomach with strap around foot. Pull foot toward buttocks until stretch is felt in the front of your thigh.

Hold 30 seconds for 3 repetitions.