

# STATIC STRETCHING ROUTINE

These stretches should only be performed AFTER running. If you have a roller or a rope, you may use them as part of the static stretching routine. If you have particularly tight hamstrings, or any other area, put more of an emphasis on stretching that area. Make sure you are not pushing too hard, when you start to feel resistance, that's the position you should hold for 10-15 seconds. You are not limited to the stretches below, so if you have other stretches you like and/or need to do, please do them.

Here are the stretches:



## **Lower Back Stretch/IT Band**

Lying flat on your back place the sole of your right foot on your left thigh. Grasp your right knee with your left hand and gently roll it to the left. Try to get your knee as close to the floor as possible **without** your right shoulder leaving the floor.



## **Groin Stretch**

Stand with your feet about 2 meters apart, toes pointing forward. Gradually shift all your weight to your right leg by bending your right knee. Your left leg stays straight. Place both your hands on your right knee for support. You can increase the starting distance between your feet for a greater stretch.

**Frog stretch** Stand with your feet about shoulder-width apart. Turn your toes out and squat down as low as possible, keeping your heels flat on the floor. Press your knees open with your elbows.



## **Groin Stretch**

Sit down and place the soles of your feet together. Clasp your ankles with your hands so that your elbows rest on your knees. Gently push your knees down with your elbows until you feel the stretch.

**Pigeon** On the ground, bring a bent right leg in front of your body with your left leg behind you to stretch your glutes.



## **Quadriceps Stretch**

Standing upright hold onto a support with one hand (i.e. a chair) for balance. With your other hand clasp your ankle and pull your heel into your butt. Repeat for the other leg.



## **Hamstring Stretch**

Sitting down, stretch your legs out in front of you while keeping your back flat and upright. Bend your left leg keeping your left foot flat on the floor. Slowly reach

forward and try to touch your right toe with both hands. Bend from your waist keeping your lower back flat and your head up. Repeat for the other leg.



### **Calf Stretch**

Stand arms length away from a wall and with feet shoulder width apart. Place your right foot about 2 feet in front of your left. Keeping both heels flat on the ground lean towards the wall by bending your right knee. Your left leg should stay straight. Push gently against the wall for a deeper stretch. Repeat for the left leg.



### **Achilles Stretch**

This is exactly the same procedure as above except as you lean towards the wall let both knees bend. Rather than leaning forward you should feel like you are lowering yourself straight down. Remember to keep both heels flat on the floor. Repeat for the other leg.