



RUNNING WARMUPS

Knee, ankle and foot injuries are common amongst runners. In addition to your cardiovascular warm up, try the following...

Skipping – Using a Jump rope/skipping – skip to 50 then increase up to 100.

Lunge walk – Move forwards with your legs in a long, exaggerated stride pattern. Keep your upper body straight but move your arms in time with your legs.

Buttock kicks – At slow jogging pace, bring your heels up to meet your bottom.

High Knees - Drive through the balls of your feet and try to bring your **knees** as **high** as possible. Your goal: Create a 90-degree angle from your thighs to your ankles. Keep your hands relaxed, elbows bent, and shoulders down, and swing your arms back and forth.

Controlled leg swings – Standing on your left leg swing your right leg backwards and forwards in a controlled manner. Swap legs.

Fast feet – Stand with your feet together, and then lift them quickly off the floor one after the other as if running over hot coals.

POST RUN STRETCHES

Quads

1. Stand upright and pull your leg behind you with the corresponding hand.
2. Tuck your pelvis and pull your shin toward your thigh.
3. Keep your knee pointing downward as you do this stretch to protect your knee joint.
4. Hold for at least 30 seconds, then switch sides.

This stretch should be felt in the front of your thigh, and from your hip down to your knee.

Hamstring

1. Sit on the ground and extend your left leg.
2. Move your right foot toward your inner thigh, so that it touches the top part of your left leg, if possible.
3. Lean forward, bending but not rounding your back and waist toward the left foot as if reaching for your toes.
4. Hold for at least 30 seconds.

5. Repeat with the other leg.

You should feel it in the back of your leg, from your knees to your buttocks.

Calf Muscle

1. Stand with your right foot behind your left.
2. Bend your left leg forward while keeping your right leg straight.
3. Be sure not to bend the right knee and to keep your right foot firmly on the ground, pointing straight ahead.
4. Straighten your back and hold the pose for at least 30 seconds.
5. Repeat with the other leg.

You should feel this stretch anywhere from the back of your knee down to your ankle.

Piriformis

1. Lie on your back with both of your knees bent and feet flat on the floor.
2. Pull your right knee up to your chest.
3. Grasp your knee with your left hand and pull it up toward your left shoulder.
4. Hold for 10-20 seconds and then repeat on the other side.

You should feel this stretch in the buttocks and near your hip.

Groin

1. Stand with your feet spread apart in a wide stance.
2. Without moving your left leg, lean to the right and bend your right knee until you feel a stretch.
3. Hold for 10-20 seconds, then switch sides.

You should feel a stretch in your inner thigh.

Lower Back

1. Lie on your back.
2. Grab both of your knees and pull them up to your chest until you feel a stretch.
3. Hold for 20 seconds