

**Alzheimer's
Society**

Leading the
fight against
dementia

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The Guide to Better Running

Part Five - Stretching

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One - Glutes (Maximus & Minimus)

Sit with one leg out straight. Cross the other leg over, keeping knee bent. To feel stretch in backside hug bent knee into chest. Keep back straight.



Two - Hamstring (Origin point in buttocks and glutes)

Lay on back. Pull one leg up to chest and hug with both arms. Keep one leg straight on floor keeping ankle flexed.



Three - Hamstring (Belly or middle of)

Lay on back. Keep one leg on the ground. Raise other leg holding the back of the calf. Bring up to feel the stretch in the middle (or belly) of the hamstring. Use a rope or towel around the foot to help if you need to.



Four - Hamstring (insertion point - i.e., behind knee)

Repeat stretch number three but this time with a straight leg. Flex ankle to feel stretch in behind the knee. Use a rope or towel around the foot to help if you need to

Five - Lower back / IT band

Lay on back. Bring one leg up to chest and rotate to lower knee to floor using opposite arm as a weight. Keep one leg straight on floor keeping ankle flexed and keep shoulders on floor. Other arm should be straight out at shoulder level.



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Six - Groin stretch (adductors)

Keep the back straight, take the foot to one side and take the knee over but not further than your foot, transferring weight to the bent leg. Feel the stretch on the inner thigh of the straight leg



Seven - Quads

This can be done lying on your side in a straight line. Grasp the top of the ankle with the same side hand and bring heel to backside. Hips should be pushed forward. If you do this stretch standing and lose your balance, you have weak core stability.



Nine - Calf stretch (Gastrocnemius)

Stand with feet shoulders width apart. Take one foot forward and keep feet parallel. Maintain the arch in the forward foot by pressing down with the toes to stop foot rolling in. Straighten back leg and feel stretch in top area of the calf



Eight - Hip flexors

Kneel on one knee. Take the other leg forward with a large stride. Push hips downwards until a stretch is felt in the front of the hips/quads.



Ten - Calf stretch (Soleus)

Repeat position as for number nine. But this time bend back leg to take stretch into lower calf above Achilles.



Remember

- ▶ Don't forget to stretch both legs and repeat holding stretch for 40-45 seconds each time
- ▶ Never stretch cold muscles. The main benefit for endurance runners is stretching after the run.
- ▶ Unfortunately running makes your muscles shorter and tighter.
- ▶ A good stretching routine will help to restore the muscle balance and allow you to be more flexible.
- ▶ Do not underestimate the value of cross training, massage and stretching in your schedule.