

# Running Stretches

Stretching prepares muscles for activity by warming up the tissue and increasing blood flow which helps prevent injury and increase performance.

- Warm up 5-10 minutes with easy running game
- Stretch 3 major running muscles 30 sec x 2 for each muscle, both sides
- Cool down after run 5 min with slower pace jog (optional leg swings)

\*\*\* no bouncing

\*\*\*gentle pressure on stretches

\*\*\*equal on both sides for balance



Quadriceps Stretch



Standing calf stretch

Gastrocnemius (Calf) Stretch



Hamstring Stretch

- choose this over the toe touch stretch