10 | STRETCHING

Stretching is an essential part of any exercise routine, including running. When you run, your muscles work hard, and they need time to recover after a workout. Stretching helps to increase the blood flow to the muscles and prevents stiffness and soreness. Stretching also helps to improve flexibility, which can help to prevent injury. Here are a few simple stretches to do after each of your runs:

1 HAMSTRING STRETCH
Sit on the ground with your legs stretched out in front of you. Reach forward and try to touch your toes. Hold the stretch for 15-30 seconds.

2 QUAD STRETCH
Stand up straight and, reaching behind you, grab your left foot with your left hand. Pull your foot towards your bottom and hold for 15-30 seconds. Repeat on the other leg.

3 CALF STRETCH
Stand facing a wall with your hands on the wall at shoulder height. Place one foot behind the other and press your heel down towards the ground. Hold for 15-30 seconds and then switch legs.

4 HIP STRETCH
Sit on the ground with your legs crossed. Bring your right ankle over your left knee and pull your left knee towards your chest. Hold for 15-30 seconds and then switch legs.

5 IT BAND STRETCH
Stand with your left hand on a wall or other support. Cross your right leg in front of your left leg and lean to the left, stretching the outside of your right leg. Hold for 15-30 seconds and then switch legs and lean the other way.

6 BACK STRETCH
Lie on your back with your knees bent and feet flat on the ground. Bring your knees towards your chest and hold for 15-30 seconds.

Remember to breathe deeply and take your time with each stretch. Don't push yourself too hard, and stop if you feel any pain. Our club's qualified coaches are available to advise you on specific stretches.