


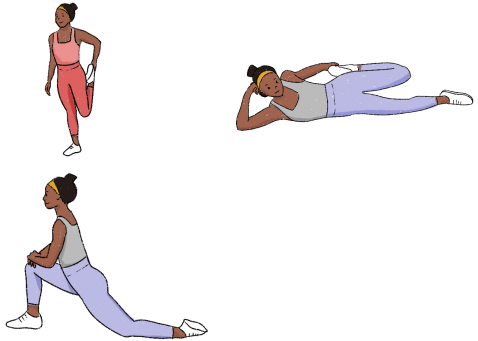
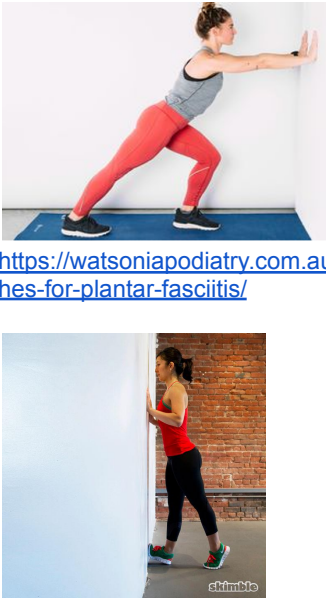
Post Workout Static Stretches


Before practice, when runners' muscles are not completely warmed up, any stretches should be **dynamic**, meaning they are active movements (like leg swings, skips, etc.) rather than deep stretches that are held for a length of time. After practice, runners should perform **static** stretches (stretches that involve holding a position) to stretch the muscles they used during their running workouts.

The combination of dynamic warm ups and static stretches help increase flexibility, advance recovery, and prevent injury. They also help young runners learn what muscles they are using when they run!

Use the last 5-10 minutes of practice to lead your runners in static stretches that cover the muscles below.

Targeted Muscle	Stretches	Cues	
Hamstrings	<p>Seated Hamstring Stretch</p> <p>Standing Hamstring Stretch (forward fold)</p> <p>Standing Hamstring Stretch with One Leg Crossed Over <i>*This stretch also helps address IT band syndrome*</i></p> <p><i>Runners can walk their hands over toward the front leg to feel a deeper stretch</i></p>	<p>Bend from your waist</p> <p>The goal is not to touch your toes, but to fold toward your legs</p> <p>Think about bringing your belly button toward your legs</p> <p>Feel the stretch along the back of your legs</p>	 <p>https://www.purewow.com/wellness/best-hamstring-stretches</p>

<p>Quadriceps ("Quads") & Hip Flexors</p>	<p>Standing Quadricep stretch Side-Lying Quadricep Stretch Lunging Stretch</p>	<p>For standing and side-lying stretches: Line up your knees For a deeper stretch, push your hips forward For lunging stretch: Gently lean forward until you feel a stretch in your hip. You don't need to put too much weight on your forward leg. Don't extend your knee past your ankle.</p>	 <p>https://www.purewow.com/wellness/stretching-for-hip-flexor-muscles</p>
<p>Calves</p>	<p>Gastrocnemius Calf Stretch Wall Calf Stretch</p>	<p>Press your weight into the heel of the leg being stretched You should feel the stretch in your calf (point out the muscle to the runners)</p>	 <p>https://watsoniapodiatry.com.au/exercises-and-stretches-for-plantar-fasciitis/</p> <p>https://www.skimble.com/exercises/970-wall-calf-stretches-how-to-do-exercise</p>

<p>BONUS: Tibialis Anterior (the shin)</p>	<p>Standing Cross-Over Stretch</p>	<p>Bend the knee of your supporting leg gently to help coax the crossed-over leg into the stretch.</p> <p>Point your laces to the ground.</p>	 <p>StretchCoach</p> <p>https://stretchcoach.com/articles/shin-splint-stretches/</p>
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