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

Quadriceps	Standing Quadricep stretch	For standing and side-lying stretches:	%
("Quads") & Hip Flexors	Side-Lying Quadricep Stretch	Line up your knees	
	Lunging Stretch	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.	
			https://www.purewow.com/wellness/stretches-for-hip-flexor-muscles
Calves	Gastrocnemius Calf Stretch	Press your weight into the heel of the leg being stretched	https://watsoniapodiatry.com.au/exercises-and-stretc hes-for-plantar-fasciitis/
	Wall Calf Stretch	You should feel the stretch in your calf (point out the muscle to the runners)	
			https://www.skimble.com/exercises/970-wall-calf-stre tches-how-to-do-exercise

BONUS:	Runner's Lunge (Glutes,	Runner's Lunge: Do not extend your front	0
Combination Stretches	Hamstrings, Calves, Hip Flexors)	knee beyond your toes. Keep your back leg straight or with minimal bend.	
		(Runners with more flexibility can try the lunge on their forearms.)	
	Figure Four Stretch (Hip, Glutes)	Four Figure Stretch: Gently pull your legs toward you until you can feel the stretch in your hip and glute	https://gethealthyu.com/exercise/runners-lunge/
	Downward Facing Dog (Hamstrings, Calves)	Downward Facing Dog: Raise your butt up and back and push your weight into your heels	
	Calves)		https://gethealthyu.com/exercise/runners-lunge-forea rms/
			https://www.purewow.com/wellness/stretches-for-hip- flexor-muscles
			https://www.yahoo.com/lifestyle/10-best-hamstring-st retches-relieve-150000408.html

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