

Stretches for Runners

It is really important to incorporate a full body stretching routine after your workouts and runs. Taking the five to ten minutes post-workout can really help decrease your risk for injury and soreness. You are more prone to injury if you stretch before your workouts. These stretches should be completed after you've hit the treadmill or the pavement. Instead, try incorporating a 5-10 minute [dynamic warm-up](#) before your runs to elevate your heart rate, start perspiration and get the whole body warmed-up. Several of these post-run stretches will also test your balance. There are both standing and floor options provided. Hold each stretch for 20-30 seconds.



Quad – Standing



Quad – Laying Down



Hamstring – Standing



Hamstring – Laying Down



Hip



Hamstrings/Lower Back



Shoulder/Upper Back



Neck/Shoulder



Bottom of Foot/Shin/Calve #1



Bottom of Foot/Shin/Calve #2



Outer Hip/Thigh – Pose 1



Outer Hip/Thigh – Pose 2



Inner Hip/Thighs – Pose 1



Inner Hip/Thighs – Pose 2



Shins/Calves/Balance