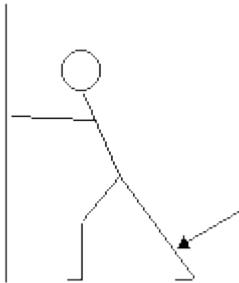


Runner's Stretching Routine

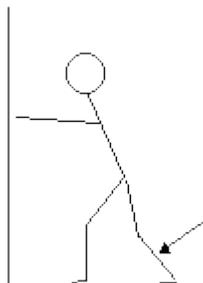
Below is a simple stretching routine that covers the major running muscles. Hold each stretch for 30 seconds, each side. Do this after every workout. It's a good idea to set your watch to beep every 35 seconds, giving you 5 minutes to switch positions. The entire routine will take under 8 minutes!

Calf Stretch #1



Lean against a wall. With your heel on the ground and knee straight, push your hips forward. **Feel the stretch in your rear calf.**

Calf Stretch #2



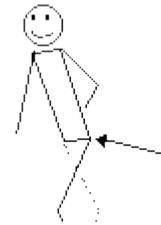
Lean against a wall. With your heel on the ground and knee bent, push your hips forward. **Feel the stretch in your rear calf, just above your achilles.**

Quadriceps Stretch



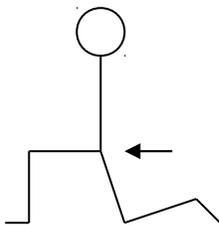
Stand on one leg. Bend your other leg and pull your heel towards your buttock. **Push your hips forward. Feel the stretch in the front of your thigh.**

ITB Stretch



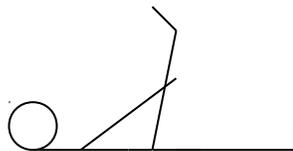
Stand on one leg. Lean sideways away from that hip. Place your other leg (dotted line) in front for balance. **You may use a wall for balance.**

Psoas Stretch



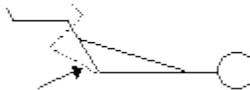
Half-kneel with your front knee bent. Tuck your rear foot under and push your hips forward. **Feel the stretch in the front of your rear thigh.**

Hamstring Stretch



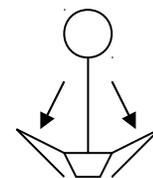
Lie on your back. Hold one leg up in the air, trying to make your knee as straight as possible. **Feel the stretch in the back of your thigh.**

Buttock Stretch



Lie on your back. Cross one leg (dotted) over the other. Pull uncrossed leg up towards your chest. **Feel the stretch in your buttock area.**

Groin Stretch



Sit tall with the soles of your feet together. Push down on your knees to feel a stretch in your inner thigh.