



Take it With You™ Stretching Sheets:

Stretching Routine for the Day AFTER a Race

Whether you PR'd or simply enjoyed the ride, help your muscles recover by going through this quick, 5-10 minute stretch session at least 2-3 times the next day.

Warm-up: Some light walking or running. Or, walk up and down your stairs a few times

Athletes who use this sheet may also find the following **Take It With You™** Sheets helpful:

- Stretches for Runners
- Stretches for Low Back Comfort
- Stretches for Tight Hamstrings
- Stretches for Tight Calf Muscles
- Stretches for Walkers
- Stretches for Golfers

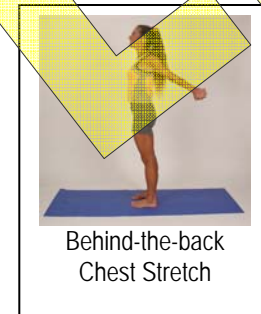
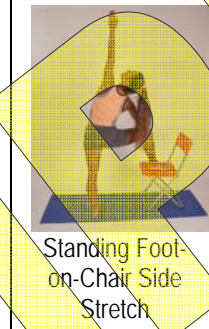
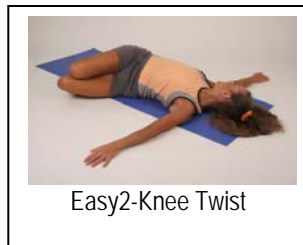
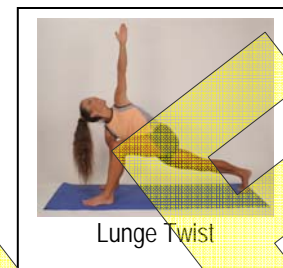
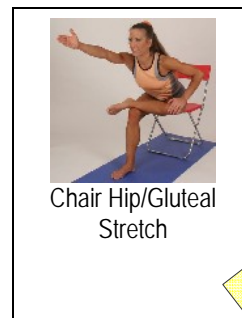
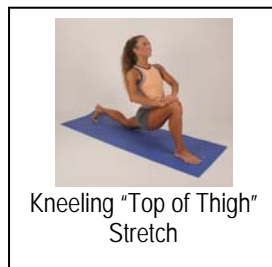
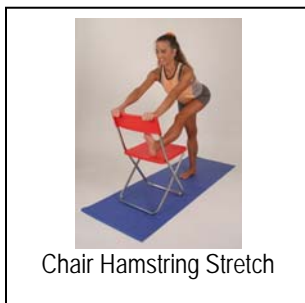
.....and many more!

Find out more at www.theflexibilitycoach.com.

Or, sign up for our FREE monthly e-letter!



Stretches and Exercises:



Final Relaxation: None, other than getting a good night's sleep in celebration of your hard effort!

GUIDELINES

When: After a race (either the next day or even later on that same day)

How often: Based on race schedule

Helpful Hints:

- Perform only those postures that you're familiar with and can perform with good form
- Don't forget to breathe!
- Ease into the stretches slowly and gently, particularly the hamstring/calf stretches as these muscles in particular tend to be tight after a hard run.
- Avoid any position that causes pain or discomfort even if you have been able to perform it previously
- Hold each position for at least 30-40 seconds to reap the full benefit
- Check with your doctor before beginning this or any stretching/exercise program.