



Take it With You™ Stretching Sheets:

Stretching Routine for After A Race or Speed work Session

What, you thought you were done at the finish line? Do yourself a favor and tack on an extra 5-10 minutes of targeted stretching, and help your muscles recover!

Light Warm-up: None needed, provided this routine is preceded by a running race or workout.

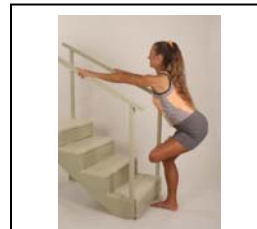
Stretches and/or Exercises:



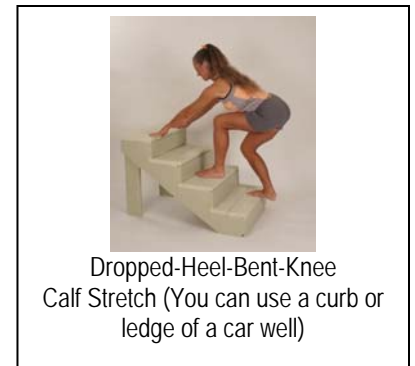
Wide Forward Bend:
Off to one side



Kneeling Front-Thigh Stretch
(Use caution on hard surfaces)



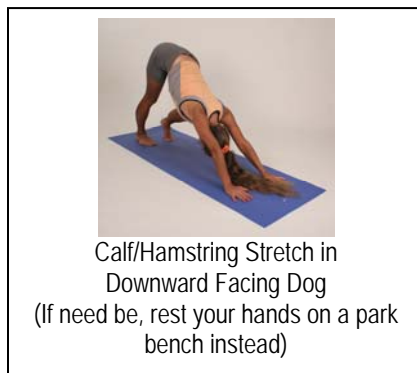
Standing Supported
Hip/Gluteal Stretch
(Use any pole or sturdy structure)



Dropped-Heel-Bent-Knee
Calf Stretch (You can use a curb or ledge of a car well)



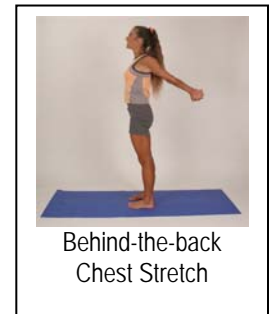
Standing Door or
Wall Twist
(Any wall will do)



Calf/Hamstring Stretch in
Downward Facing Dog
(If need be, rest your hands on a park bench instead)



Standing Wide Side Stretch



Behind-the-back
Chest Stretch

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

GUIDELINES

When: Immediately following a race or speed work (running)

How often: Assuming a normal frequency of racing or speed work, about once a week

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.

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.

