

## Stretches for Running and Walking

### Warm up stretches

#### Leg swings – forward and back

Holding on to something, swing outside leg forwards and backwards to a comfortable height. Keep trunk and lower back rigid. Alternate legs.



#### Leg swings – side to side



Holding on to something, swing one leg outwards, then across the body, pointing toes in the direction you're swinging. Minimise lower back movement. Alternate legs.

#### Lunge walks

Keep your trunk upright and place feet shoulder width apart. Lunge forward. Keep knee in line with foot. Your toes should stay in front of your knee. Do five each leg.



#### Calf raises



From a push-up position, push one heel towards the ground then put weight on ball of foot and repeat. Alternate legs.

#### Trunk rotations

Place feet shoulder width apart, a straight back and slightly bent knees. Swing arms across body at waist height to stretch the lower back. Move arms to shoulder height and above your head to stretch mid and upper back.



#### Stretch up



Reach up high, keeping one knee bent. Keep back straight and pull in abdominals. Do five each side.

## Cool-down stretches

### Long calf muscle

Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking stretch through rear calf.



### Short calf muscle



Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.

### Front thigh

Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.



### Hamstring



Place the heel of one foot on a raised surface with your toes pointing up. Bend your knee on the supporting leg and make sure your toes are pointing forward. Bend at the hips keeping your back straight.

### Buttock

**Gluteals** – Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.

**Piriformis** – Lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.

