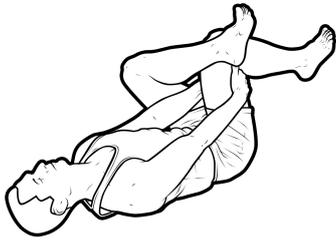


# RUNNING MAINTENANCE

## SELF CARE FOR RUNNERS



### GLUTEAL STRETCH

Lie on your back and cross your ankle over your opposite knee. Now, bend your leg up towards you as far as you can. Grasp behind your knee with both hands and pull your leg towards your chest until you feel a stretch in your gluteals. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3 x week

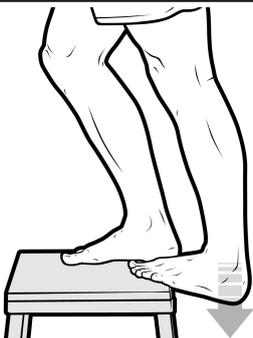


### DORSIFLEXION MOBILISATION

Crouch down, kneeling on one leg with your front foot beside your opposite knee and your chest resting on your thigh. Slowly lean forward, keeping your heel down, until you feel a stretch. Hold for 30 seconds.

SETS & REPS: 50sec hold

FREQUENCY: 3 x week



### GASTROCNEMIUS STRETCH ON STEP

With the ball of your foot on the edge of a step and your knee straight, slowly drop your heel down until you feel a stretch in your calf. Hold.

SETS & REPS: 50 sec hold

FREQUENCY: 3 x week

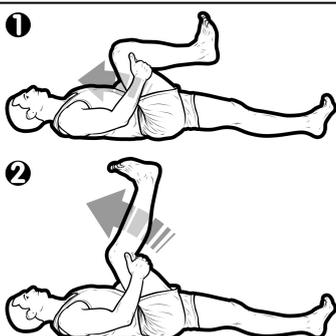


### HIP FLEXOR / QUADS STRETCH

Half kneeling, grasp the ankle of your back leg and pull towards your buttocks and rotate your pelvis backwards until you feel a stretch in the front of your hip / quadriceps. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3 x week



### KNEE HUG WITH HAMSTRING STRETCH

Lying on your back, bend one leg up as far as you can, grasp your leg behind your knee and pull your hip further into flexion until you feel a stretch in your buttock (1). Actively straighten your knee until you feel a stretch in your hamstring (2). Hold + release.

SETS & REPS: 1 x 20 reps

FREQUENCY: 3 x week

# RUNNING MAINTENANCE

## SELF CARE FOR RUNNERS



### LUMBAR STRETCH: WITH LATERAL FLEXION

Kneeling on the floor, place your hands together out in front of you to one side. Sit backwards onto your heels to curve your spine as far as you can. Inhale and slide your finger tips forward and out to one side until you feel a stretch. Hold for 30 seconds then relax.

SETS & REPS: 1 per side

FREQUENCY: 3 x week

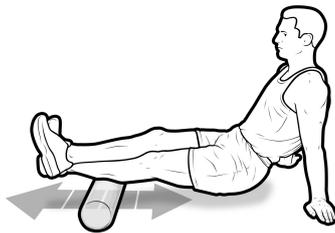


### SEATED THORACIC ROTATION

While sitting in a chair, rotate your trunk to one side as far as you can. Use the chair-back to pull yourself further into rotation. Hold for 30 seconds taking deep breaths. Relax and repeat on the other side

SETS & REPS:

FREQUENCY: 3 x week



### FOAM ROLLER MASSAGE: CALF MUSCLE

Sit on the floor with your legs straight and the foam roller placed under your calves. Cross one leg over the other. Support yourself on your hands and raise your hips off the floor. Use your arms to gently roll your leg back and forth over the roller the full length of your calf, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3 x week



### FOAM ROLLER MASSAGE: GLUTEALS

Lie on your side with the foam roller placed under your gluteals, directly below your hip bone. Support your weight with your arm and top leg (positioned in front or behind your straight leg). Using your bent supporting leg, gently toll yourself back and forth over the roller, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3 x week



### FOAM ROLLER MASSAGE: QUADRICEPS

Lie face-down on the floor with the foam roller placed under your thighs directly above your knee and support yourself on your forearms. Use your arms to gently roll yourself back and forth over the roller the full length of your thighs. Concentrate on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3 x week