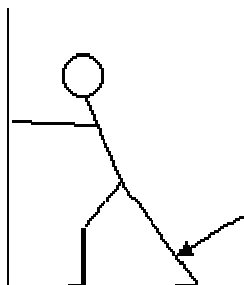


Runner's Stretching Routine

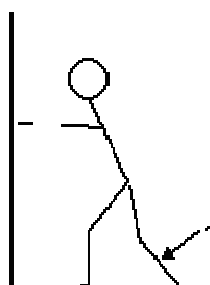
Below is a simple stretching routine that covers the major running muscles. Hold each stretch for 30 seconds, each side. Do this after every workout. It's a good idea to set your watch to beep every 35 seconds, giving you 5 minutes to switch positions. The entire routine will take under 8 minutes!

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



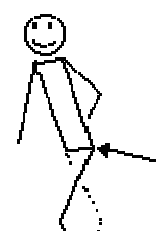
Lean against a wall. With your heel on the ground and knee bent, push your hips forward. Feel the stretch in your rear calf, just above your achilles.

Quadriceps Stretch



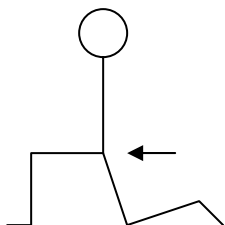
Stand on one leg. Bend your other leg and pull your heel towards your buttock. Push your hips forward. Feel the stretch in the front of your thigh.

ITB Stretch



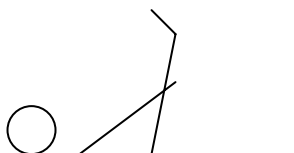
Stand on one leg. Lean sideways away from that hip. Place your other leg (dotted line) in front for balance. You may use a wall for balance.

Psoas Stretch



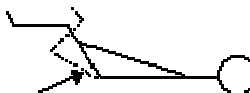
Half-kneel with your front knee bent. Tuck your rear foot under and push your hips forward. Feel the stretch in the front of your rear thigh.

Hamstring Stretch



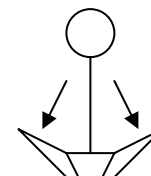
Lie on your back. Hold one leg up in the air, trying to make your knee as straight as possible. Feel the stretch in the back of your thigh.

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.