

Intermediate runner stretches – 10k



Shoulder: Rotate your shoulders both individually then together, forwards and backwards for 20 to 30 seconds each. Then pull your arm back over your head and gently pull the elbow down towards the back. Repeat with both arms and hold for 10 seconds each.

Chest: Place your hands on the small of your back and try to move your elbows towards each other behind your back.

Quadriceps: Standing up, pick up your right ankle. Ease your foot into your buttocks using your right hand. Repeat with your left leg.

Spine & Trunk: Sit on your bottom with your legs stretched out. Raise your right foot and place it on the floor to the left of your left knee while stretching your upper body around to the right. Use your left arm as a lever to ease around as far as you can. Repeat with your left foot. Keep your spine long, as well as your shoulders down as you do this.

Back: Tilt your pelvis upwards, while bending your knees slightly. Arms out front away from your chest, interlock your hands, palms facing outwards. Round your upper back and tilt your head to look down. Feel the stretch in your back.

Hip & Thigh: Lying on your back, bring a knee in as close as possible to your chest, keeping your other leg stretched out on the floor. Repeat with the other leg.

Calf: Find a wall, tree or car to lean on and get in a position to push it over. Keep the feet about shoulder width apart and the rear leg straight. Lean the hips towards the tree, wall or car. Alternate legs and hold for 10 seconds each.