

Stretching Guide

DO NOT STRETCH BEFORE A WARM-UP

The best warm-up for running is:

- 1) Walking
- 2) Very slow jogging
- 3) Gradually picking up your pace to "normal"



WARNING: Stretching is the third leading cause of injury among runners!

Injuries are almost always the result of improper stretching!

DON'T

- Stretch when you are in a hurry
- Stretch before a run
- Push a muscle into tension or tightness/pain
- DO NOT BOUNCE (Bouncing risks pulling or tearing the muscle)
- Hold your breathe
- Stretch a tight muscle during or immediately after a run- (Except for the IT Band)
- Stretch immediately after running (wait at least 30 minutes)

DO!

- Warm-up thoroughly
- Take your time when stretching
- Only static stretches (slow, rhythmic movements)
- Pay attention to your breathing (take deep belly breaths)
- Move the muscle gently into a relaxed extension
- Hold it in that position for 15-45 seconds
- Back off gently
- Stretch at least four times a week
- Massaging the muscle is another great option
- Make stretching a habit!

