



Static stretches

The club use a range of static stretches after each training session. This is not an exhaustive list and runners may develop their own static stretch routine after a training session. The stretches illustrated below are all standing versions. The key point is that runners get into the positive routine of cool down and static stretching after any running.

Calf stretch



Ensure that the rear leg is kept straight with both feet on the ground and in alignment. Stay upright as you hold the stretch. A slow count of 15 on each side then repeat.

Soleus stretch



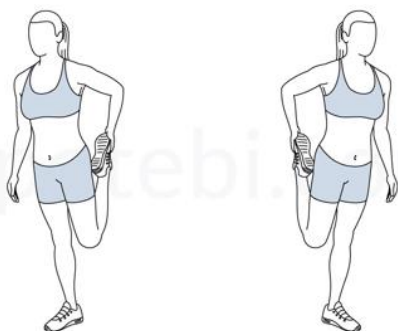
Using a kerb or step, place your right foot against the kerb and bend at the knee of your right leg sitting into the stretch. You should feel the stretch in the lower part of the calf towards the Achilles' tendon. Hold for a slow count of 15 in your head. Swap legs and repeat. Repeat the routine.

Standing hamstring stretch



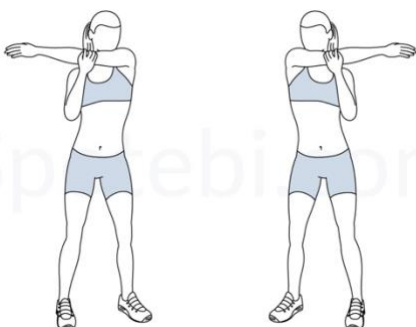
Stand with your feet closer than shoulder width apart. Step forward with your left foot. Bend at the hips and put your hands on your thigh. Keep the left leg straight as you bend your right leg slightly. Feel the stretch along your left hamstring as you hold for a slow count of 15. Repeat leading with the right leg. Repeat the routine.

Quad stretch



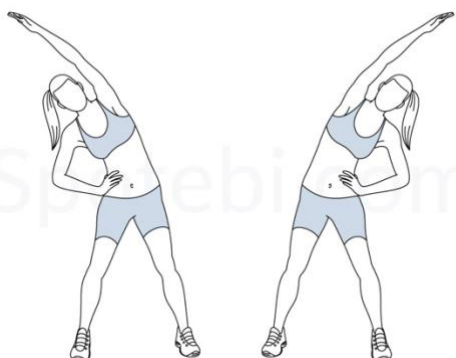
Stand up tall and shift your weight to the right leg. Lift your left foot and grasp it with your left hand. Pull the left foot toward your bum until you feel the stretch in your quads. Hold the stretch for a slow count of 15 and repeat with the right leg.

Shoulder stretch



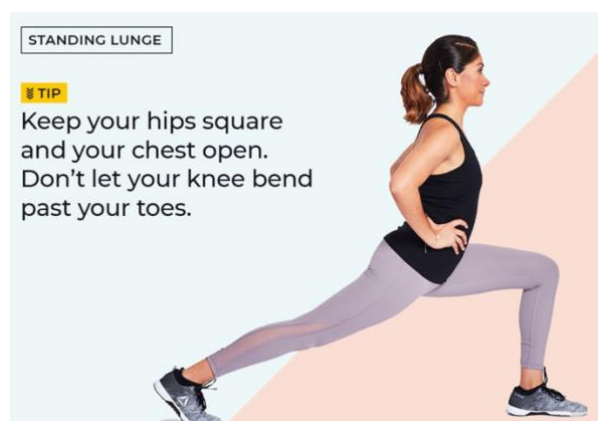
Bring one arm across your upper body and hold it straight. Grasp the elbow with the other arm and gently pull toward your chest. Hold for a slow count of 15 and repeat on the other side.

Side stretch (obliques)



Stand tall with your feet shoulder-width apart. Place your right hand on your hip and raise the left arm. Incline your torso to the right until you feel a stretch in the obliques. Hold the stretch for a slow count of 15 and then repeat on the other side.

Hip stretch



You can extend this stretch by lifting your arms once you are in the stretched position. Also by lowering the knee of the trailing leg you can deepen the stretch.