Path Performance
Personal Coaching

Stretching for Running

Warm-up vs. Stretching

There are four different types of stretches:

- ***Static***: the standard stretch and hold method; safest and most useful form for weight-trainers
- ***Dynamic***: stretching that involves some sort of motion; most often used with aerobic activities or before sport performance
- ***Proprioceptive Neuromuscular Facilitation (PNF)***: exerting muscular force to cause a muscle to contract and then relax; best if done with a trainer or partner
- ***Ballistic****:* using momentum to bounce in and out of a stretched position that goes beyond the body's current range of motion; THIS IS NOT RECOMMENDED.

Guidelines:

1. Warm-up first
2. Slowly move into the stretch
3. Hold the stretch for 15-30 seconds – no bouncing
4. Don't stretch to the point of pain – no pain = no pain = good
5. Make sure to breath

Stretches:

1. Calf stretch - standing: straight leg; bent knee
2. Front Thigh/Quad standing: avoid knee hyper flexion
3. Hamstring on back: hip alignment; foot flexion & extension
4. Hamstring standing: hip alignment; foot flexion & extension
5. Low back: knees to chest – double knee
6. Outside hip: figure 4
7. IT: prone cross over
8. Groin: V sit; bottom of feet together

#7 Iliotibial Band Stretch

- This exercise stretches the iliotibial band. First, get into pushup position as in the picture below. Next, bring your right knee forward, and place it down in front of you between your hands, as in the pictures in the middle and right below. Keep your hips level, and your knee in the center of your body. Relax your buttock muscles and lower your body down.

- Now, relax into the position and feel the stretch in your iliotibial band. Work at this slowly. After completing one side, reverse and stretch the other leg.
- MAKE SURE YOUR HIP (forward leg) REMAINS IN CONTACT WITH THE GROUND.
- Here is the side and front views of the above stretch. Note how the knee is in the center of the body.

- The front view does not accurately picture the CORRECT FORM. MAKE SURE YOUR HIP REMAINS TOUCHING THE FLOOR.

Not recommended:

1. Hurdler's stretch

Fitting it in:

- Post running
- Before getting out of bed
- Before going to bed
- Watching TV
- Waiting… for anything…

Resources:

1. **Active Isolated Stretching: The Mattes Method** by Aaron L. Mattes
2. **The Whartons' Stretch Book (Paperback)** by Jim Wharton, Phil Wharton