



BACK OF THIGH HAMSTRINGS

Ask runners to watch the POSITION OF THE FRONT LEG and the BACK

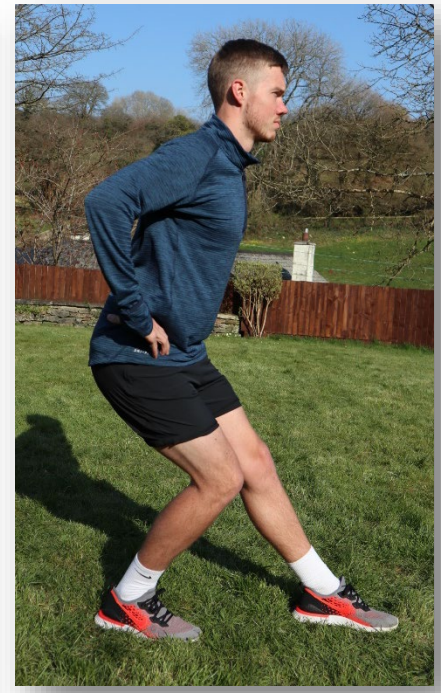
Front view



Side view



Opposite side view



1. One leg in front of the other, with your knee straight
2. Hands on hips
3. Sit back on support leg with bottom out and back straight

YOU SHOULD FEEL THE STRETCH IN YOUR HAMSTRINGS – IN THE BACK OF THE THIGH OF YOUR STRAIGHT LEG



FRONT OF THIGH **QUADRICEPS**

Ask runners to observe **HIP** and **KNEE POSITION**

Hold wall or partner for support

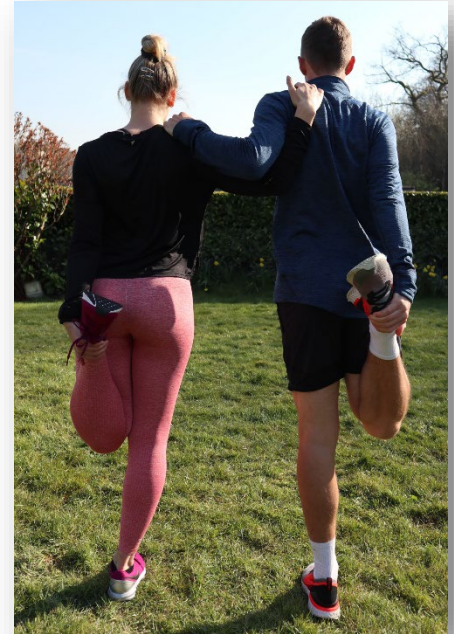
Front view



Side view



Rear view



1. Knee level
2. Support leg slightly bent
3. Stand tall with tummy in and push hips forward

**YOU SHOULD FEEL THE STRETCH ON FRONT OF YOUR THIGH
(QUADRICEPS) OF YOUR BENT LEG**



INSIDE THIGH ADDUCTORS

Ask runners to observe POSITION OF THE FEET and the BACK

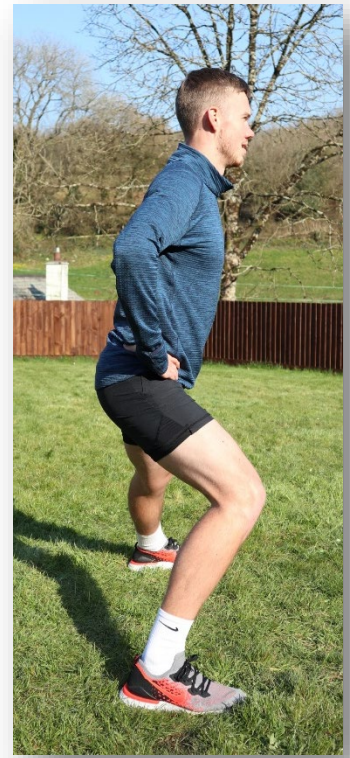
Side view



Front view



Opposite side view



1. Stand with feet a little over shoulder width apart
2. Feet face forward
3. Lean to one side, bending that knee without bending at the waist

YOU SHOULD FEEL THE STRETCH IN THE ADDUCTOR ON INSIDE OF YOUR STRAIGHT LEG

BACK OF LOWER LEG (CALF) GASTROCNEMIUS

Ask runner to watch REAR LEG

Side view



Rear view



Opposite side view



1. Toes point forward
2. Rear knee straight
3. Heels of rear foot flat on ground

YOU SHOULD FEEL A STRETCH IN YOUR LOWER LEG, IN YOUR CALF MUSCLE (GASTROCNEMIUS)



BACK OF LOWER LEG (CALF) **SOLEUS**

Ask runners to observe the REAR LEG

Side view



Rear view



Opposite side view



1. Toes point forward
2. Knee slightly flexed
3. Heels flat on ground

YOU SHOULD FEEL A STRETCH IN YOUR SOLEUS MUSCLE, IN YOUR LOWER CALF, ABOVE YOUR ACHILLES TENDON

OUTSIDE OF THIGH AND HIP ILIOTIBIAL BAND

Ask runners to observe what the LEFT LEG does

Side view



Front view



Opposite side view



1. Sit with legs straight
2. Cross foot over leg
3. With opposite arm, pull leg towards the body

YOU SHOULD FEEL A STRETCH ON THE OUTSIDE OF YOUR THIGH (ILIOTIBIAL BAND), ON YOUR BENT LEG



SIDE OF TRUNK

Ask runners to observe the POSITION OF THE BACK

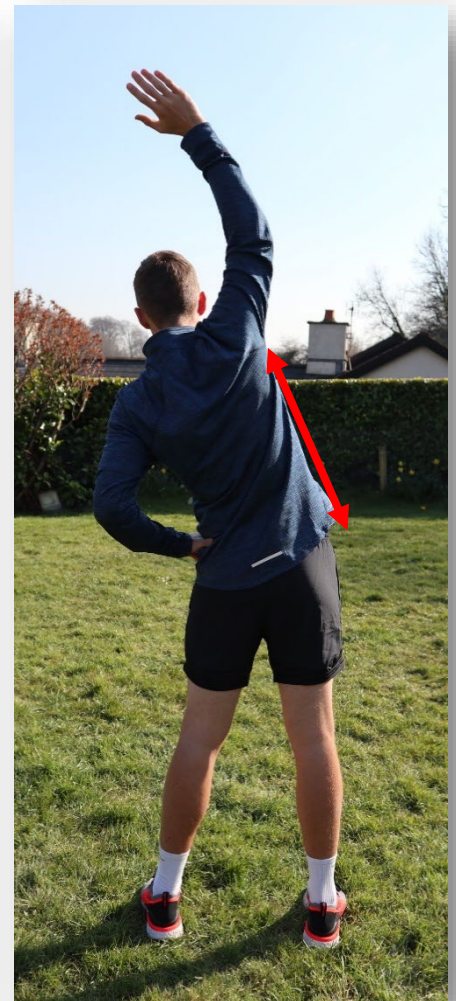
Front view



Side view



Rear view



1. Stand with feet a little over shoulder width apart
2. Keep back straight
3. Take arm over head and keep bicep close to your ear

YOU SHOULD FEEL THE STRETCH DOWN THE EXTENDED SIDE OF THE TORSO



UPPER ARM & SHOULDER TRICEPS

Ask runners to observe the POSITION OF THE ARMS

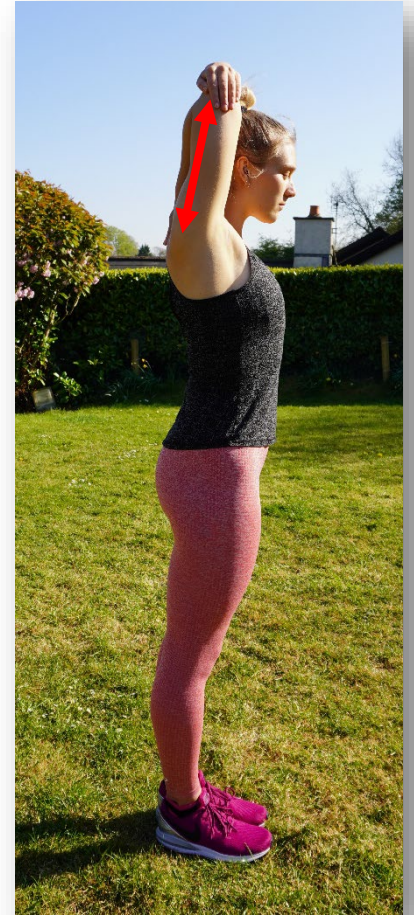
Rear view



Front view



Side view



1. Take arm over head and place your palm between your shoulder blades
2. Place palm of free hand on the elbow, with fingers on the front of arm
3. Gently apply a small amount of pressure to move the arm down the back – ensure this is straight down rather than across the back

**YOU SHOULD FEEL A STRETCH IN YOUR UPPER ARM (TRICEP)
AND SHOULDER**



UPPER ARM & SHOULDER TRICEP PROGRESSION

Ask runners to observe the POSITION OF THE ARMS

Front view



Side view



Rear view



1. Take arm over head and place your palm between your shoulder blades
2. Reach your opposite arm behind and up the back
3. Bring both hands close together, clasping them if comfortable

**YOU SHOULD FEEL A STRETCH IN YOUR UPPER ARM (TRICEP)
AND SHOULDER**



CROSS THE SHOULDER TRICEP

Ask runners to observe the POSITION OF THE ARMS

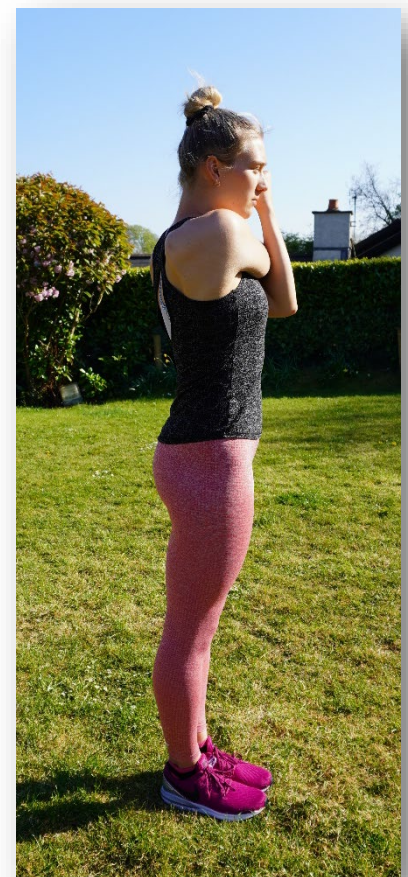
Front view



Rear view



Side view



1. Stretch your arm out straight and bring it across your body
2. Hold in place with the opposite arm
3. Place opposite arm above the elbow, on your tricep

YOU SHOULD FEEL A STRETCH IN THE BACK OF YOUR SHOULDER