

## Running: Use dynamic stretching improve mobility (and reduce injury)

Before each run do this dynamic stretching routine, which focuses on your back, inner thighs, quads, calves, and the front of your hips. Dynamic stretching has the same benefits as static stretching, and the added one of promoting blood flow to the muscles, keeping them loose and less prone to injury.

### Inner Thigh Lunge Stretch | 10 per side

Plant your feet three to four feet apart, toes pointed forward. Shift onto one leg by lunging to that side, keeping your weight in your heel. Your knee shouldn't go past your toes. Then return to center. Repeat 10 times, then switch sides.

#### Go deeper

- Take the same arm of the leg you're lunging toward and reach overhead, side-bending toward the straight leg as you stretch.
- Move the lunging leg forward about half a foot and repeat the stretch.



### 3D Calf Stretch | 10 per side, per direction

Place hands against a wall, one foot in front of the other. The back leg should be straight, and the heel should remain in contact with the floor. Focus on stretching the calf of the back leg. Step forward with the front foot and then return it back to the starting point. Repeat 10 times with each foot. Then follow the same steps, but step diagonally to the left and right instead of straight forward. Repeat 10 times each direction.



### Figure 4 Glutes | 10 per side

Stand facing a sturdy table, bed, counter, etc. that is about hip height. Place one leg up on the table in a "figure 4" position. While keeping your spine neutral, hinge forward from your hips to bring your chest toward your knee. Hold for 1-2 seconds and return to the starting position.



### Kneeling Hip Flexor | 10 per side

Get down on one knee. Engage your abs by bracing your stomach like you're about to get punched in the gut. Shift your weight from the back knee to the front foot until you feel a stretch in front of your back hip, then release and do it again rocking gently forward and backward. Switch sides and repeat.

#### To go deeper:

- Reach the same side arm as your back leg overhead as you repeat the stretch. You can side bend toward the front leg's side also.
- Reach the same side arm as your back leg out in front of you at shoulder height and twist your arm to the opposite side as you stretch.



### Kneeling Quad Stretch | 10 per side

Get down on one knee. Engage your abs by bracing your stomach like you're about to get punched in the gut. Lift the back foot up onto a chair behind you or grab it with your hand. Shift your weight from the back knee to the front foot until you feel a stretch in your back quad, then release and do it again, rocking gently forward and backward. Switch sides and repeat.

#### To go deeper:

- Reach the same side arm as your back leg overhead as you repeat the stretch. You can side bend toward the front leg's side also.
- Reach the same side arm as your back leg out in front of you at shoulder height and twist your arm to the opposite side as you stretch.



### Child's Pose | Hold for 10 breaths

Get on all fours. Sink back to your heels while keeping your hands planted. Hold for a second, focusing on rounding out your back, then return to tabletop position.

**To go deeper,** walk your fingers from left to right as you stretch, or thread one hand underneath the other arm and rest it, palm down, on the opposite side. Each time you exhale, try to crawl the fingers a little further. Repeat on the other side.



### Open Book Stretch | 10 per side

Lay on your side. Start with your top arm straight out, then rotate it up and around to the other side of your body, following it with your eyes. Hold for a second and then return to the starting position. As you stretch, keep your knees together and touching the floor (use your bottom hand to hold them if needed). Repeat 10 times.

**To go deeper,** bend your hips at different angles.

