

10 Minutes of Stretching for after every run

Quads



Standing straight, bend your leg at the knee, and grab right above your ankle and pull your lower leg behind you. Stay as tall as possible. If you stand up without support it helps ankle strength. Stare at a spot in the distance to help keep your balance.

Hamstrings

Rest one of your legs on a bench or chair, keeping the other leg straight, bend forward from the waist. There are several variations of hamstring stretches; this is one simple one.



Calf Stretch (Gastrocnemius)

Standing against a wall, stand with one leg in front of the other, bending your front leg. The back leg is straight. This stretch works on the main calf muscle or the gastrocnemius.





Calf Stretch (Soleus)

Standing against a wall, stand with one leg in front of the other as before, this time bend your back leg. This stretch works on the supporting muscle below the calf called the Soleus.



Lunge (Hip Flexor)

Lunges are very useful, because they work quite a few areas of the leg. In this case, the hip flexor is stretched. Stand with legs apart as in the calf stretch, and make sure your knee of your front leg is behind the toes. The leg that is back is where you feel the stretch in your hip flexor. Raise the same arm of the leg that is in the back straight up and hold; that will give you a better stretch.