



ADVANCED/INTERMEDIATE STRETCHES

Standing Calf Stretch



Step one foot back, keep heel down and lean forward.

Hamstring Stretch



Extend one leg, reach toward your toes, keep back straight.

Quad Stretch



Hold one foot behind you, keep knees close together.

Hip Flexor Stretch



Step one leg back, lower your knee and push hips forward.

Shoulder & Chest Stretch



Clasp hands behind you and gently lift chest up and open.



ADVANCED/INTERMEDIATE RECOVERY STRETCHES

Pigeon Pose



Bring one knee forward and place it behind your wrist. Extend the other leg back. Keep your hips square and chest lifted.

IT Band Stretch



Cross one leg behind the other and lean to the opposite side. You should feel a stretch along the outer thigh and hip.

Seated Figure-4 Stretch



Cross one ankle over the opposite knee. Hold behind your thigh and gently pull toward your chest.

Downward Dog



Place your hands and feet on the ground, lift your hips up and back. Keep your spine long and heels pressing down.

Foam Rolling



Roll slowly over tight muscles (quads, hamstrings, calves, glutes, back). Pause on any tender spots for 20–30 seconds.

Beginner Runner & Walker Stretches

Important Stretching Tips for Everyone

- Dynamic stretches BEFORE activity
 - Static stretches AFTER activity
 - Never bounce during stretches
 - Stretch to mild tension — not pain
 - Breathe deeply and relax
 - Hydrate well, especially training in Georgia summer heat
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Best Areas Runners & Walkers Should Stretch Most

1. Calves
 2. Hamstrings
 3. Hip Flexors
 4. Glutes
 5. Lower Back
 6. Achilles Tendon
 7. Shoulders/Posture Muscles
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Simple 5-Minute Stretch Routine

Perfect for your RUN Initiative participants:

Before Walking/Running

- March in Place — 1 min
- Leg Swings — 1 min
- Arm Circles — 30 sec
- High Knees or Easy March — 1 min
- Walking Lunges — 1.5 min

After Walking/Running

- Calf Stretch — 30 sec each
- Hamstring Stretch — 30 sec each
- Quad Stretch — 30 sec each
- Hip Flexor Stretch — 30 sec each
- Deep Breathing — 1 min