

Stretching Series

Table of Contents

- [Warm-up routine](#) -
- [After a Run](#) - 2 options at 20 minutes each
- [Sun Salutations with Lunges](#) - 10 minutes
- [Lunge Series](#) - 10 minutes
- [Runners Flow Routine](#) -
- [World's Greatest Stretch](#) -
- [Another series](#) -
- 12min of Core for Runners

After a Run

[Back to Table of Contents](#)

From: [The Athlete's Pocket Guide to Yoga](#) by Sage Rountree

[Sequence 1 \(20min\) - click for details:](#)

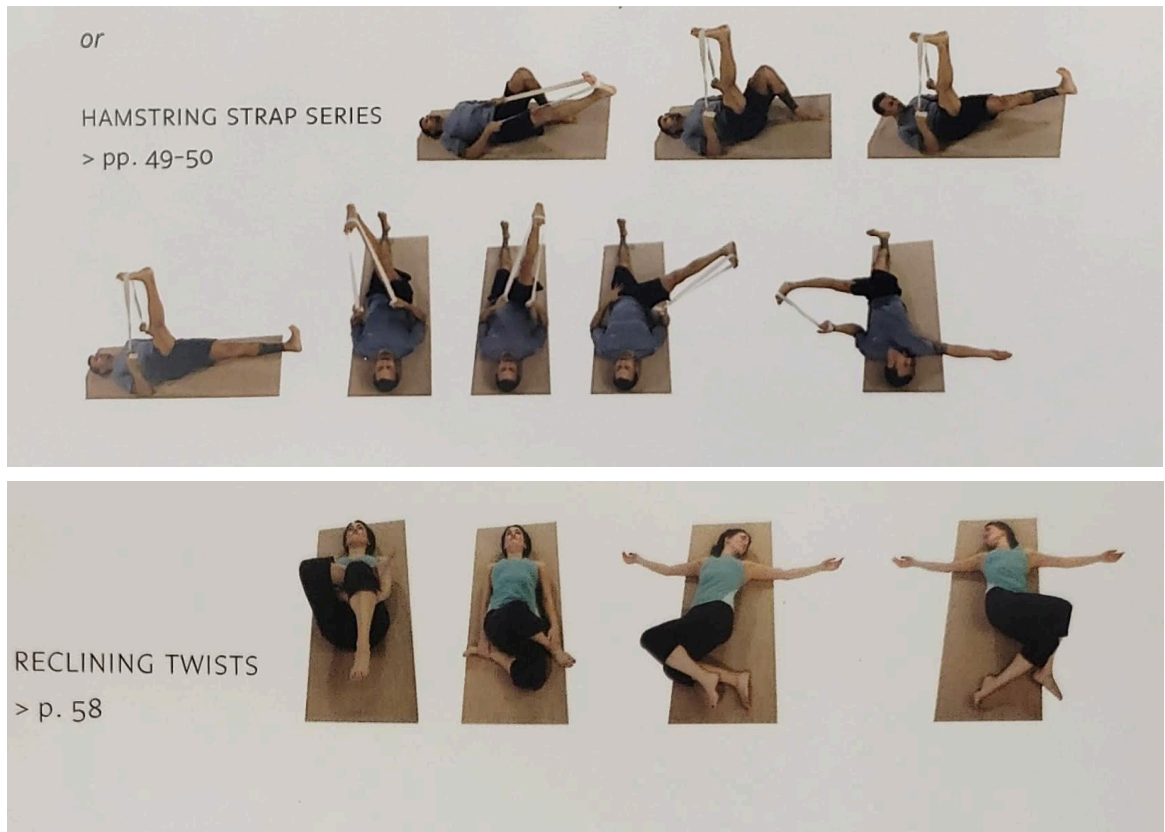
- Pigeon series
- Lower-leg stretches



[Sequence 2 \(20min\) - click for details:](#)

From: [The Athlete's Pocket Guide to Yoga](#) by Sage Rountree

- Hamstring strap series
- Reclining twists



Sequence 1 Details

HIPS and LEGS

PIGEON SERIES

Total time: 10 min.

Repeat the sequence on both sides from dog/cat.

Ball squat

Dog/cat

Pigeon forward fold

Pigeon back bend

Head to knee

Revolved head to knee



Ball squat



Dog
Inhale



Cat
Exhale



Pigeon forward fold
Ten or more breaths



Pigeon back bend
Five or more breaths



**Pigeon back bend
with optional
quad stretch**
Five or more breaths



Head to knee
Five or more breaths



Revolved head to knee
Five or more breaths

TIP ▶ If you feel knee pain in pigeon, drop to the hip of the forward leg.

LOWER-LEG STRETCHES

Total time: 5 min.

Repeat on both sides.

Kneeling Achilles stretch

Front ankle stretch

Toe stretch

Figure 4 with finger/toe stretch



Kneeling Achilles stretch



Front ankle stretch



Toe stretch



Figure 4 with finger/toe stretch

Point and flex the foot.

TIP ▶ Try warming up the legs for these stretches with a few one-legged balance poses.

Sequence 2 Details

HIPS and LEGS

HAMSTRING STRAP SERIES

Total time: 12 min.

Move through the strap series outlined below, spending at least five breaths in each stretch. Start with the left leg bent and the strap on the ball of the right foot, and move through the sequence before repeating on the second side.

Calf stretch

Hamstring stretch

Hamstring stretch with crunch

Deeper hamstring stretch

Outer hamstring stretch

Inner hamstring stretch

Inner thigh stretch

Outer thigh stretch



Calf stretch



Hamstring stretch



Hamstring stretch with crunch
Engage abs (exhale), extend right leg (inhale);
return head to floor

(continues)

HAMSTRING STRAP SERIES *(continued)*



Deeper hamstring stretch



Outer hamstring stretch



Inner hamstring stretch



Inner thigh stretch



Outer thigh stretch

TIP ▶ Bend your knee as needed to fine-tune the stretches.

RECLINING TWISTS

Total time: 8 min.

Run through the entire sequence on one side before moving to the other.
Hold each pose for at least five breaths.

Figure 4

Reclining Half Lord of the Fishes

Cross-legged reclining twist



Figure 4



Reclining Half Lord
of the Fishes



Cross-legged reclining twist

Both ways

TIP ▶ Keep your shoulder girdle level
against the floor throughout.

Sun Salutations with Lunges

[Back to Table of Contents](#)

From: [The Athlete's Pocket Guide to Yoga](#) by Sage Rountree

SUN SALUTATIONS WITH LUNGES

Total time: 10 min.

Move through the sequence, linking breath and action. Repeat, swapping *right* and *left* sides, to complete one cycle. Complete three to five full cycles using an even breath.

Inhale

Salutation
Upward salute
Half forward fold
Right leg back to high lunge
Arms to knee or overhead
High plank
Upward-facing dog
Right leg forward to high lunge
Arms to knee or overhead
Left leg forward to the fold
Upward salute

Exhale

Salutation
Swan dive to forward fold
Full forward fold
Square hips in lunge
Fold to ground
Stick
Downward-facing dog
Square hips in lunge
Fold to ground
Full forward fold
Salutation



Salutation
Inhale, exhale



Upward salute
Inhale



Swan dive to forward fold
Exhale



Half forward fold
Inhale

(continues)

SUN SALUTATIONS WITH LUNGES

(continued)



Full forward
fold
Exhale



Right leg back to high lunge
Inhale
Square hips in lunge
Exhale



Arms to knee or overhead
Inhale



Fold to ground
Exhale



High plank
Inhale



Stick
Exhale



Upward-facing dog
Inhale



Downward-facing dog
Exhale



Right leg forward to high lunge
Inhale
Square hips in lunge
Exhale



Arms to knee or overhead
Inhale



Fold to ground
Exhale



Left leg forward to
full forward fold
Inhale



Upward salute
Inhale



Salutation
Exhale

TIP ▶ To increase strength and balance in the base period, hold high lunge for three breaths. To improve and maintain hip flexibility as you build training intensity, take a low lunge instead.

Lunge Series

[Back to Table of Contents](#)

From: [The Athlete's Pocket Guide to Yoga](#) by Sage Rountree

LUNGE SERIES

Total time: 10 min.

Move through the sequence first on one side, then the other, holding each pose for at least five breaths.

Low lunge

Balancing low lunge

Crescent lunge

Quadriceps stretch in lunge

Prayer twist from lunge

Groin stretch from lunge

Runner's lunge



Low lunge



Balancing low lunge



Crescent lunge



Quadriceps stretch in lunge



Prayer twist from lunge



Groin stretch from lunge

(continues)

LUNGE SERIES *(continued)*



Runner's lunge, toes down



Runner's lunge, toes up

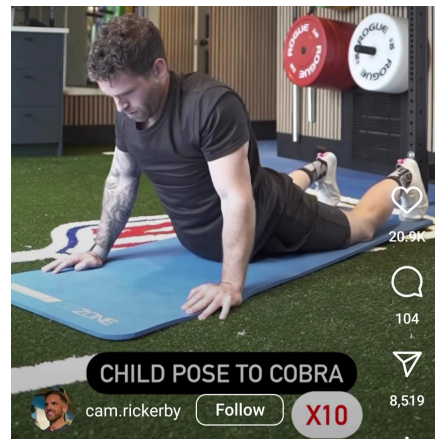
TIP ▶ Keep your hips level and square throughout, and make sure your knees and toes face the same direction.

Running Flow Routine

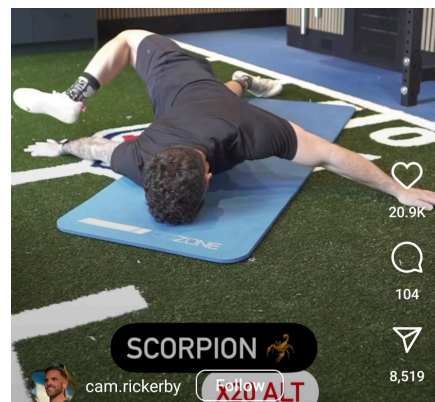
[Back to Table of Contents](#)

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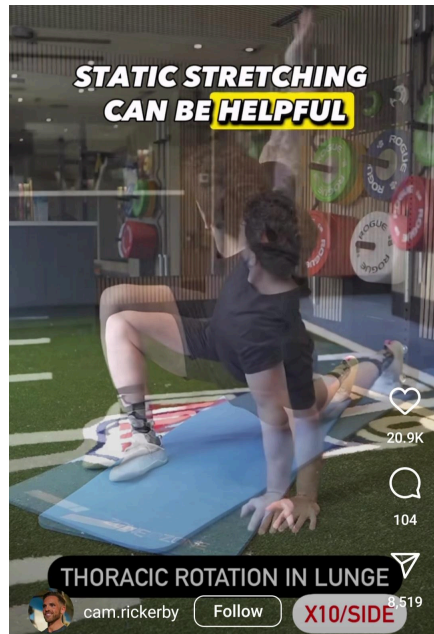
Child's Pose to Cobra 10x



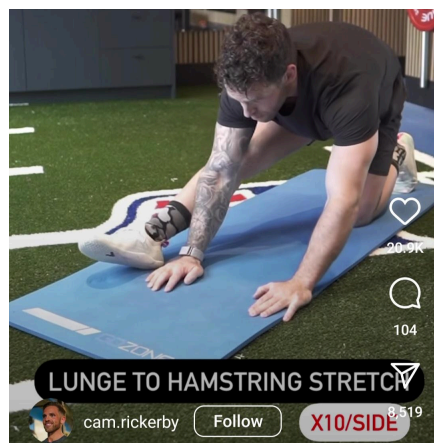
Scorpion 20x



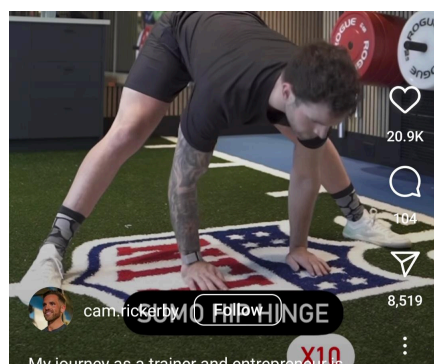
Thoracic rotation in Lunge 10x/side



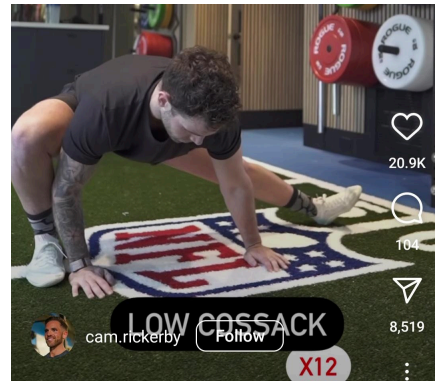
Lunge to Hamstring Stretch 10x side



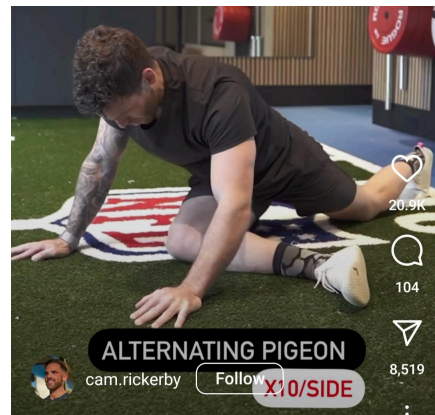
Sumo Hip Hinge x10



Low Cossack x12



Alternating Pigeon x10/side



World's Greatest Stretch

[Back to Table of Contents](#)

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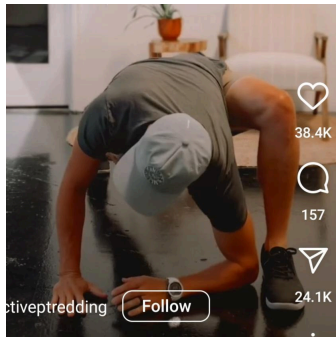
Pre-work out = short holds

Post-workout= 10-30 seconds

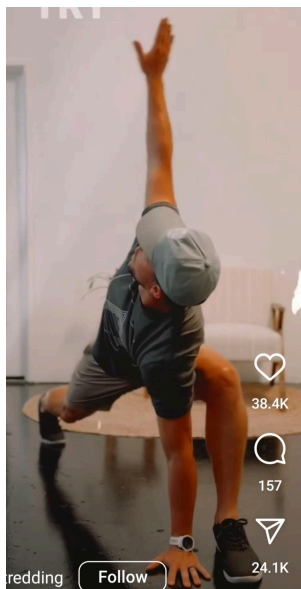
Inchworm



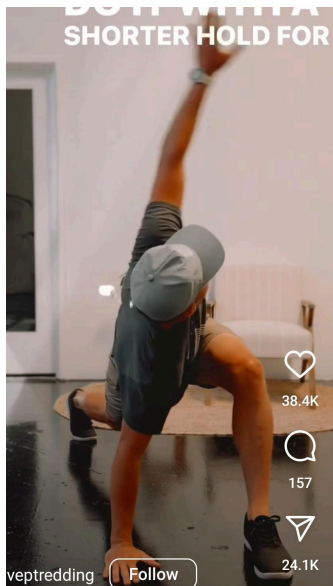
Lunge with hands inside and Inside elbow down



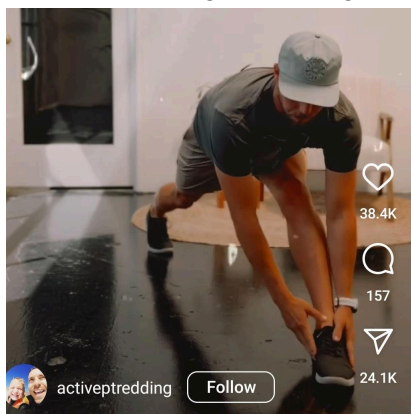
Lunge with hands inside and Outside arm high



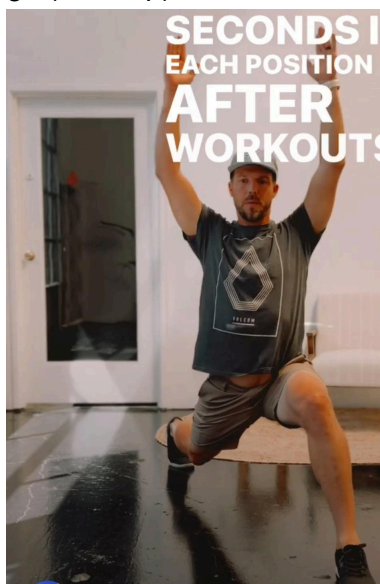
Lunge with hands inside and Inside arm high



Forward split over straight front leg



Low lunge (knee up) with arms overhead



Reverse inchworm



Repeat on other side

Another series

[Back to Table of Contents](#)



1. Downward Dog (lower back, hamstrings, calves)
2. Low lunge (hip flexors)
3. Low lunge knee down (hip flexors, inner thigh)
4. Low lunge hand on inside of knee (deeper than prior)
5. Low lunge with quad (quads)
6. Prayer squat (inner thighs, lower back)
7. Prayer squat with twist (inner thighs, spine)

Warmup before Workout / Stretching

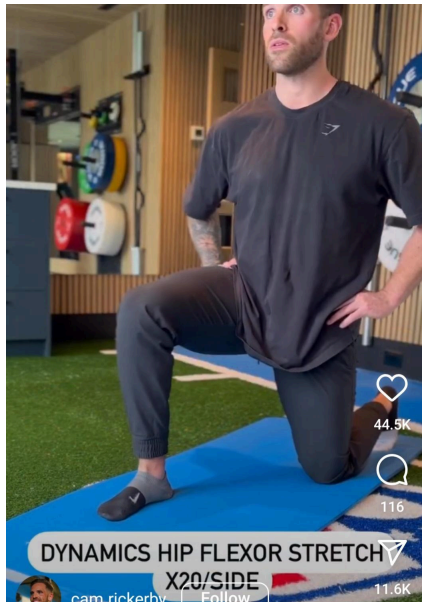
[Back to Table of Contents](#)

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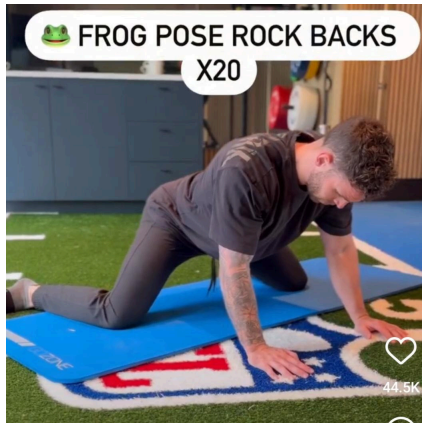
Cat-Cow x15



Dynamic Hip Flexor x20/side



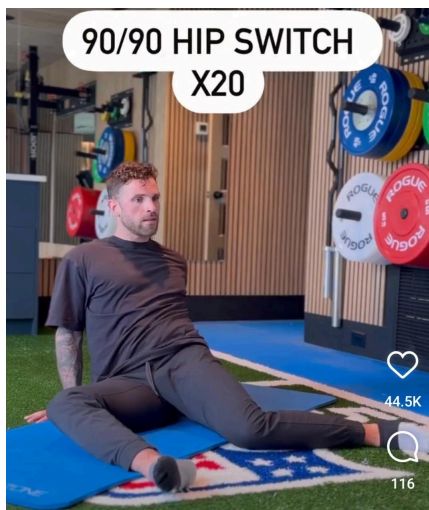
Frog Pose Rock Backs x20



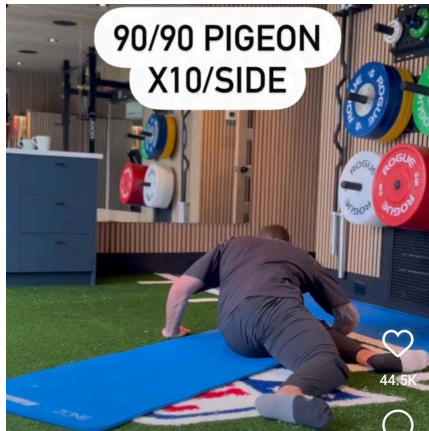
Prone Thoracic Rotation x10/side



90/90 Hip Switch x20



90/90 Pigeon x10/side



Downward Dog Foot Pedal x20/side

