

BACK OF THIGH *HAMSTRINGS*

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

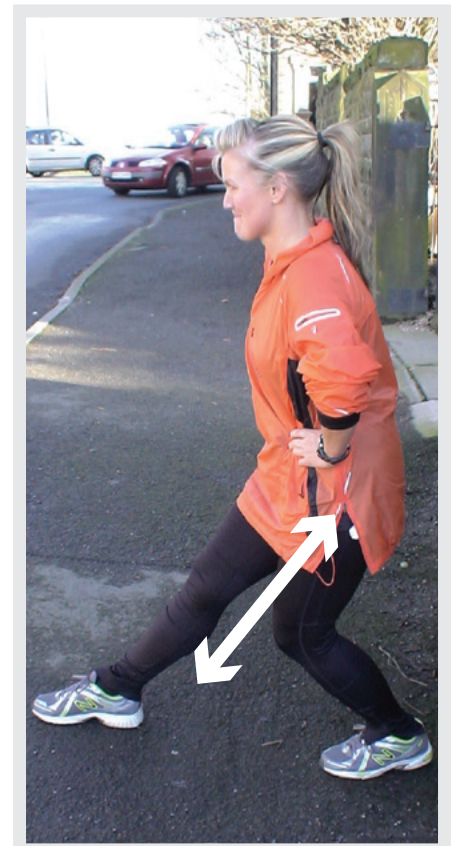
Front view



Side view



Opposite side view



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

FEEL STRETCH ON BACK OF THIGH OF STRAIGHT LEG

FRONT OF THIGH *QUADRICEPS*

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

Hold wall for support if needed

Front view



Rear view



Side view



1. Knees level
2. Support leg slightly bent
3. Stand tall with tummy in

FEEL STRETCH ON FRONT OF THIGH

INSIDE THIGH ADDUCTORS

Ask runners to observe **POSITION OF THE FEET** and the **BACK**

Front view



Side 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

FEEL STRETCH ON INSIDE THIGH OF STRAIGHT LEG

BACK OF LOWER LEG – CALF *GASTROCNEMIUS*

Ask runners to watch **REAR LEG**

Side view



Rear view



Opposite side view



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

FEEL STRETCH AT BACK OF REAR LOWER LEG

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

STRETCH FELT IN LOWEST PART OF CALF OF THE REAR LEG

OUTSIDE OF THIGH AND HIP *ILIOTIBIAL BAND*

Ask runners to observe what the **LEFT LEG** does

FOR LEFT LEG

Front view



Rear view



Side view



1. Cross Left foot behind right
2. Slightly flex the Left knee
3. Push hip of Left leg to the Left (away from centre of body)

NOW TRY FOR THE RIGHT LEG

OUTSIDE OF THIGH AND HIP *ILIOTIBIAL BAND*

Ask runners to observe what the **LEFT** leg does

FOR LEFT LEG

Front view



Rear view



Side view



1. Cross Left foot behind right
2. Slightly flex the Left knee
3. Push hip of Left leg to the Left (away from centre of body)

NOW TRY FOR THE RIGHT LEG

SIDE OF TRUNK

Ask runners to observe the **POSITION OF THE BACK**

Front view



Side view



Opposite side view



1. Stand with feet a little over shoulder width apart
2. Keep back straight
3. Take arm over head

FEEL STRETCH DOWN SIDE OF TRUNK