



Runners develop short hamstrings and tight hips as the legs are never extended to their full range of motion during the running step (different for sprinters and hurdlers). Short hamstrings are associated with lower back pain and poor posture, especially in seated positions. However, distance runners do not want to become too flexible or they lose the kinaesthetic "bounce" from energy stored in contracted muscles that would otherwise dissipate in stretched muscles. There is significant extra wear and tear on the joints, especially knees and hips, even with good running shoes. Shoulders can become tight due to limited arm movements which restrict ROM. They tend to have good core strength, but may be over-tight in the abdomen and have a tight psoas.

 STRETCH  HIPS  ALT LEG/ARM

 BOTH  HAMSTRINGS WITH BELT  CAT

 DOG  PIGEON →  GOMUKHASANA LEGS

 DYNAMIC PARVOTANASANA  DYNAMIC WARRIOR 1

 LUNGE FOR BOXAS + BACKBEND  DYNAMIC WARRIOR 2

 →  BRIDGE DYNAMIC & STATIC

 SIVANU SIRSASANA  UPRAVISHTA KONASANA