



## MORGAN HILL MARATHON+HALF

### Stretching plan

This plan should be done throughout your training season. No matter what your age you can stretch. It will promote flexibility and overall health benefits.

Be sure to warm up before you stretch. Use your resistance workout warm up if you choose or do after your exercise schedule. Do all for a 30 count.

Note: Only do what is comfortable.

1. Squat down and stretch your knees. Be easy. Skip if painful in the knees.
2. Change the squat a bit by sitting up on your toes. So your toes should be bent and holding your weight. Put your hands on something to help and stabilize. This will stretch the middle of the foot. Stretching your feet is critical for running and foot health.
3. Sit on the floor on your knees (child pose). Stretch your quads.



4. Sit Indian style and lean forward to stretch your lower back.
5. Still sitting Indian style twist to each side and stretch. Try to look behind you. Wedge your arm behind your knee to push.
6. Still sitting place feet together, lean forward elbows on legs to push them down. Stretch the groin.
7. Back to Indian Style, stretch the back of your arms by reaching across your body. Use your other arm to pull closer to your head. Both arms. This will stretch your shoulder and behind the arm.
8. In the same position, stretch your shoulder by reaching straight up with one arm, then bend at the elbow and reach to the center of your back. Put your other hand on your elbow that is still straight up and pull down to help stretch. Both arms.
9. Lie on your back and pull your knee to your chest. Each leg.

10. Roll over and push up into the push up position, but leave your hips on the ground. Stretch your core. Cobra pose Yoga style.



11. Get in the lunge position, but leave your knee on the ground. Lunge pose. Stretch your hips.



12. Now stand. Put two hands on the wall and extend one leg behind you. Keep your heel on the ground and stretch your calf. Both legs.

13. Now sit back down feet in front of you. Lean forward as far as possible and stretch your hamstrings by reaching for your feet.

**You just stretched your whole body!**

**Disclaimer:**

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