

Notes: Hello Frida, Great meeting you today! Attached are the stretches we went over. Try to do these post run or even later in the day! Remember the idea is to hold for 1s and repeat 10x. Here is a link to some videos as well: <https://www.youtube.com/watch?v=f-baiFn54Rc>
Enjoy! -Brittany

1- Active Hamstring Stretch - Repetition:10 / Frequency:pre/post run / Hold:1



2- Bent Knee Hamstring Stretch - Repetition:10 / Frequency:pre/post run / Hold:1



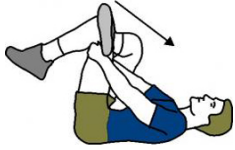
3- Active Hamstring Stretch - lateral - Repetition:10 / Frequency:pre/post run / Hold:1



Insert your text here



4- Flexibility / ButtocksStretching - Repetition:10 / Frequency:pre/post run / Hold:1



Flexibility / ButtocksStretching

5- Active Piriformis Stretch - Repetition:10 / Frequency:pre/post run / Hold:1



Pull knee and ankle towards you.
Be sure to exhale during the stretch.



6- Quadriceps Stretch - Repetition:10 / Frequency:pre/post run / Hold:1



- Lying on the side, place the bottom leg forward at about 90 degrees at the hip and keep it up with the hand - Take the top leg (or ankle) and pull it back while keeping your back straight - Ensure that the knee moves backwards

7- Soleus stretch - Repetition:10 / Frequency:pre/post run / Hold:1



Sit with your back straight and have one leg flexed. Place a towel around the forefoot and pull towel with both arms to feel a stretch in the calf.

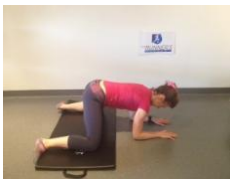


8- Flexibility / Quadriceps Stretching - Repetition:10 / Frequency:pre/post run / Hold:1



- Keep abs tight and back straight

9- Frog Stretch - Repetition:10 / Frequency:pre/post run / Hold:1



Insert your text here



10- Glutes release - Frequency:daily / Duration:2-4mins



Sit down on the floor and position a lacrosse ball under and slightly to the side of your hip.
With the ball still, externally rotate your leg by lowering your knee towards the floor.
Lift your knee back to the center and continue the motion to release the area.
You can also roll the area over the ball to massage and relax the glutes.

