



# Stretching and Strengthening

## The Secrets to Successful Running/Walking

### STRETCHING

- It will assist in your warm-up and cool-down phases
- It will also help prevent any increased discomfort associated with strenuous workouts
- The muscle groups requiring attention from runners are the Hamstrings, Calves, Hip Flexors, Iliotibial Band, Piriformis and Quadriceps

### WARM-UP

- 5 – 10 minutes is a must
- Warm-ups can include a brisk walk or a few minutes on a bike
- Gradually build up your pace throughout this activity

### RUNNING

- Do not increase speed and mileage too quickly – no more than 10% per week
- Gym sessions should never be on days when you are pursuing long, hard runs
- Incorporate longer periods of rest into your weekly runs earlier in your training
- There is no substitute for long outdoor runs

### STRENGTHENING

- Important part of any successful running program and must be worked on during off-season
- Workouts should involve cross-training and weight-lifting activities
- Training of the cardiovascular system via such activities as stair climbing and using elliptical machines

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As with any exercise or sport program, be sure to visit your primary care physician for a complete checkup to find out if you are fit for strenuous activity.

For more information about the **Northwell Health Rehabilitation Network**, please call:  
**1 (888) Rehab-03**

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# Exercise Preparatory Movements



## LEG CRADLE

**OBJECTIVE:** To re-enforce trunk/hip stability and develop balance/body control.

**START POSITION:** Standing.

**PROCEDURE:** Lift right leg to chest and place the right hand under the knee and the left hand under ankle. Pull right leg to chest while contracting left glute.

Step forward with right foot and repeat stretch on other side.

**COACHING TIPS:** Keep chest up. Contract glute of the leg you are standing on.

**YOU SHOULD FEEL:** Stretch outside of hip in front leg. Hip flexor stretch in back leg.



## KNEE HUG LUNGE

**OBJECTIVE:** To re-enforce trunk stability while developing lower extremity mobility.

**PROCEDURE:** Lift right knee to chest and grab below knee with hands. Pull right knee to chest while contracting left glute. Step forward into lunge with right foot and repeat stretch on other side.

**COACHING TIPS:** Keep chest up. Contract glute of the leg you are standing on.

**YOU SHOULD FEEL:** Stretch in glute/hamstring of front leg. Hip flexor stretch in back leg.

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