

Section six:

Stretching, strength and mobility

Below are some of the most important stretches for your new runners to do after each session and key points to assist your demonstration.

Remember to use your Coaching cards to keep it simple and ensure you can demonstrate correctly or get someone else to show while you tell.

You will practice these today.

Try to use more demonstration and few words.

**Back of lower leg –
calf – *gastrocnemius*****Key coaching tips**

- ◆ Both feet point straight at wall
- ◆ Heel of back foot flat
- ◆ Back straight
- ◆ Feel stretch at back of rear lower leg

**Back of lower leg –
calf – *soleus*****Key coaching tips**

- ◆ Feet closer than above
- ◆ Toes point forward
- ◆ Weight on rear leg
- ◆ Heels flat on ground
- ◆ Stretch felt in lowest part of calf

**Front of thigh –
*quadriceps*****Key coaching tips**

- ◆ Hold wall for support
- ◆ Knees level
- ◆ Support leg slightly bent
- ◆ Stand tall with tummy in
- ◆ Feel stretch on front of thigh



Back of thigh - *hamstrings*

Key coaching tips

- ◆ One leg in front of the other and straight knee
- ◆ Sit back on support leg with bottom out and straight back
- ◆ Hands on bent knee
- ◆ Feel stretch on back of thigh of straight leg



Outside of thigh and hip – *iliotibial band*

Key coaching tips

- ◆ Cross one foot behind the other
- ◆ Keep back straight
- ◆ Push hip of back leg away from centre of body
- ◆ Feel stretch on outer side of rear thigh and hip



Inside thigh - *adductors*

Key coaching tips

- ◆ Stand with feet a little over shoulder width apart
- ◆ Keep back straight
- ◆ Feet face forward
- ◆ Lean to one side, bending that knee
- ◆ Feel stretch on inside thigh of straight leg



Side of trunk

Key coaching tips

- ◆ Stand with feet a little over shoulder width apart
- ◆ Keep back straight
- ◆ Take arm over head
- ◆ Feel stretch down side of trunk