

Hamstring Stretch



Why?

To free up and allow for a circular motion of your stride, help prevent shin splints, and allow for more gluteal/quadriceps power.

How?

- Stand with stretched leg forward and foot on the ground
- Bend this knee slightly
- Straighten your back and stick your butt out as far as possible
- Hinge forwards at the hip until you feel a stretch in your hamstring
- To increase the stretch, contract the front of your upper leg (quadriceps)

Explanation:

This stretch is an alternative to the traditional stretch where you stand and bend forward to touch your toes. It is a good alternative for runners/walkers because standing and bending forward to touch your toes can increase the 'hunch' in the middle/upper back that is already overstretched in most people as well as may exacerbate lower back and postural problems. The foot is relaxed on the floor to take out the calf (gastrocnemius).

Sets:	2
Reps:	1
Hold:	15 seconds – 1 minute
Frequency:	After or between runs

Dynamic Alternatives*:

- B's (from ABC drills), strides, speedwork

*Dynamic Alternatives:

- **Strides:** Slightly exaggerated stride length when running fast. Slowly accelerate and decelerate over 60 -100 metres, 4-8 times.
- **ABC drills:** A combination of 3 techniques including (A) high knees, (B) "horse stomp" and (C) butt kicks. You will need to get a feel of this through instruction from a coach/experienced runner. For a video demonstration go to:
 - www.youtube.com/watch?v=Eit3pGym2Dg&feature=related
 - http://www.youtube.com/watch?v=nTRnyGe_wpk&feature=related
- **Speedwork:** A variety of intervals of faster and slower running. General guidelines are faster intervals of 30 seconds to 5 minutes followed by recovery of half the time of the interval.