

Quadriceps/ lower Iliotibial Band (ITB) Stretch



Why?

Running recruits and tightens the lateral quadriceps muscle and decreases shock absorption capabilities.

How?

- Lay on your side and stretch the front of your thigh (quadriceps) by holding your upper ankle
- Squeeze your gluteals (push hip forward) as you pull your heel in towards your butt
- Cross your lower ankle over your upper knee and pull your knee down while maintaining a quadriceps stretch
- You should feel the stretch progress down towards the knee and/or side of the upper leg

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

Dynamic Alternatives:**

Butt kicks (C from ABC drills), sideways leg swings, crossover sideways running and walking

***Brace (your core muscles):**

Recent research shows that the common advice to pull in your belly button limits the full bracing capacity of your core muscles. Although pulling your belly button in activates a very important core muscle, it does so at the expense of several other key core muscles. This is why power lifters keep their stomachs out so their spines do not buckle during maximum lifts. Preferably, try to “bear down” as if you are going to be punched in the stomach for full core activation.

****Dynamic Alternatives:**

- **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
- **Leg swings:** While standing on one leg swing the opposite leg forwards and backwards or side to side (across your body) under control to the end ranges. Brace* your core to prevent your back from twisting. For a video demonstration please go to "grapevine" video by scrolling down the following web page:
 - http://www.completerunningprograms.com/Dynamic_warm_up_for_runners_s/53.htm