



# FLEXIBILITY FOR MARATHON RUNNERS

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# What is FLEXIBILITY

- Ability of joints to achieve complete range of motion without any pain

# Should Marathon Runners Invest In Stretching?

- Importance
- Science

# What Type Of Stretches Should A Marathon Runner Perform?

- Understanding Types Of Stretches
  - Static
    - Active-Eg: Standing Quad Stretch
    - Passive-Eg: Standing supported Quad Stretch
  - Dynamic
    - Leg moving front and back
    - Can be used in the warmup

# Assess Your Flexibility

## ■ Posture

- Check Neck area
- Check Shoulder drooping
- Pencil Test
- Supine Hamstring Stretch.
  - Good: 80 degrees or greater
  - Average: 60-80 degrees
  - Poor: Less than 60 degrees
- Thomas Test

# How To Implement a Stretch Program?

- Stretch after every run or after every activity.
- Be vigilant of your limits, it would be great idea to note your range.
- Dedicate one day for a complete body stretch.
- Hold stretch to the point of mild discomfort but no pain.
- Hold every stretch for at least 10 to 30 secs.
- Do not hold your breath as you hold a stretch.
- Try and stretch major muscles at least two to three times in a session.
- Stretch in different positions to ensure an all round stretch.
- Make use of different props
  - Foam roller
  - Ball
  - Cloth Belt
  - Towel
- Focus on weak muscles or the ones requiring more attention.
- Form a group where one would be more motivated to stretch.
- Group would also mean one could indulge in partner stretch.
- Keep yourself hydrated.
- Never bounce while stretching.

# CHEST

- Standing- Arms behind the head
- Standing- Door way stretch

# LATS

- Standing- Uni-Arm reaching the ceiling
- Standing- Hold a pole stretch



# CORE MUSCLE STRETCH

- Standing-
  - Good morning
  - Rotation( R and L)
- Hip Hinge- Spine lift with arms wrapped to the back of the legs
- Inverted V
- Kneeling Seated
  - Namaz position
  - Arms crawled to left and right
- Supine
  - Good morning
  - Knee to the chest
  - Hip At 90-Knee flexed
    - Pelvic tilt hold(lower back)
    - Dropping the knees
- Prone
  - Arms on the floor-Trunk stretch

# HIP JOINT

- HIP FLEXORS
  - KNEELING LUNGE
- HIP EXTENSORS
  - PRONE FIGURE 4
  - SUPINE FIGURE 4 (Also targets Piriformis)
  - SEATED FIGURE 4
- HIP ABDUCTORS-(IT BAND STRETCH)
  - STANDING CROSS
  - SUPINE ROPE/BAND SUPPORTED LEG CROSS
- HIP ADDUCTORS
  - STANDING WARRIOR
  - SEATED LOTUS
  - SUPINE LEG SUPPORTED WITH ARMS

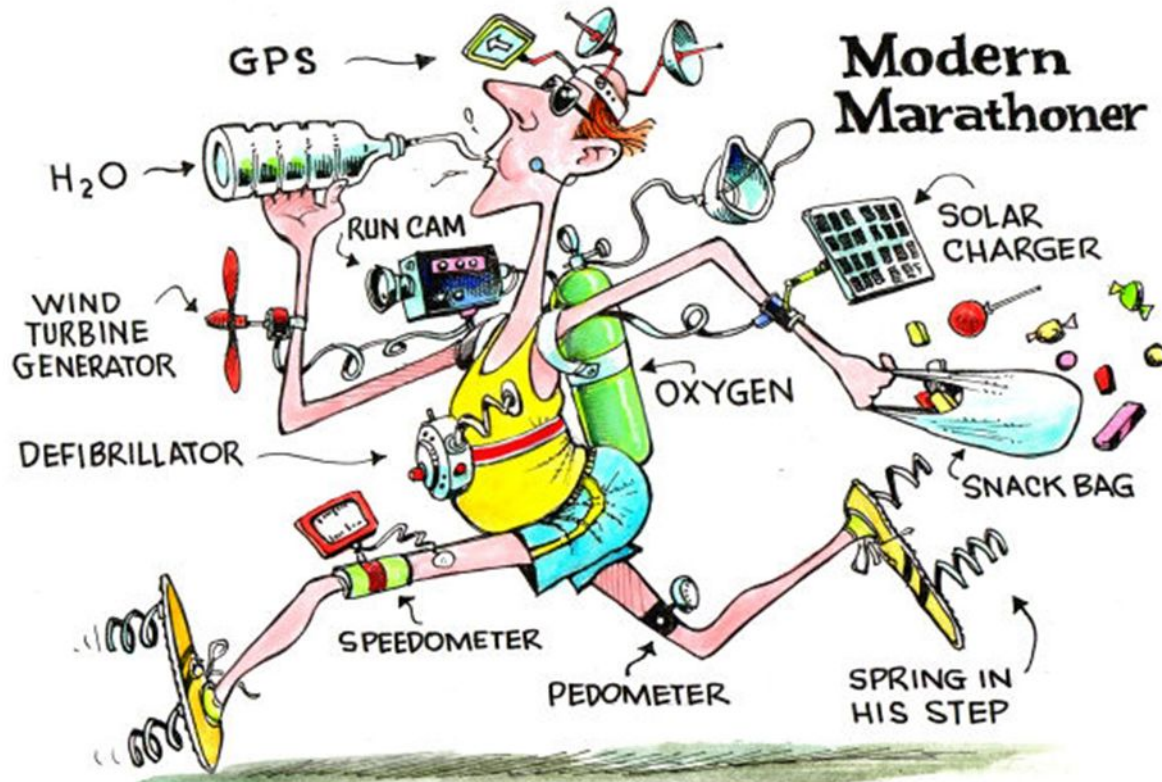
# KNEE JOINT

- FRONT OF THE KNEE (QUADS)
  - HEEL TO THE BUTT(STANDING/SEATED/PRONE)
- BACK OF THE KNEE ( Hamstrings)
  - Standing-Chest to the thigh
  - Seated-Uni- leg out stretched
  - Supine-Uni- leg to the ceiling-supported

# ANKLE

- Back Of the Ankle-Calf
  - Standing, wall support
  - Standing, uni-heel hang
    - With different angles
- Front of the Ankle-Shins
  - Standing pointing toes with support
  - Seated , with body weight

# Modern Marathoner



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*Have a great run*  
*Thank you*

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