

STUDENTS RUN *Philly Style*

STRETCHING MANUAL



Leaving a Mark...

Schoolyard Warmup

By Dave Thomas/Philadelphia Athletic Charities

This overall routine combines 17 exercises that can be done in any schoolyard or gym and is designed to provide your young athlete a "pre run" program which can be done in 10 minutes. The Schoolyard Warmup is a combination of exercises which will "warmup" the body before your run and also provide the young athlete with a good off road strength routine without the need of equipment. This routine is a designed for beginners and can be modified by the coach/mentor as they see fit. Keep the exercises in order and once they are learned, keep the pace moving between the exercises to further the conditioning of the athlete. Remember to Start Low and Build Slow with any exercise routine.

Purpose of "Off- Road" Conditioning

- To increase the overall fitness of each athlete. Warmup exercises increase heart rate, increase blood flow to working muscles and prepare the body to go for a run.
- Off road exercises increase the overall strength of the bones, muscles, ligaments so the can get ■ stronger and be able to handle the stress that running long distances puts on the body.
- Improve your overall health and balance out the fitness of the non running muscles.
- Improve your range of motion of all your joints and coordination which will aid in improvement in your running performance.

Sun Worshipers
15 - 20 reps



1



2



3

Arm Rotations
15 - 20 each way



1



2

Helicopters
15 - 20 reps



1



2

Round the World
10 reps each way



1



2

Situps/Crunch
15-25 reps

Situps/Scissors
15-25 reps



1



2



3



1

Situps/Russian Twists
15-25 reps

Pushups (full or modified on knees)
15 reps



1



1



2



3

Karate Lunge
10 each side

Walking Leg Kicks
20-30 yards/3-4x



1



2



Majorettes
20-30 yards/3-4x

Shoulder Squeeze
hold 2 seconds/15 reps



1



2



1



2

Shin Walks
20-30 yards/3-4x



1



2

Running Arm Swings
slow to faster/20-30x



1



2

Inch Worms
20-30 yards/3-4x



1



2



3

Toe Walks
20-30 yards/3-4x



1



2

Crossover Toe Touch
10 rep each side



1



2

Jumping Jacks (on toes)
15-30/slow to faster tempo



1

POST RUN STRETCHING

BY Dave Thomas, Philadelphia Athletic Charities

Before hitting the showers, every post run practice should end up with time set aside to perform a stretching routine. Elite athletes as well as beginners, need to spend at least 10-15 minutes a few times a week working on exercises which will relax as elongate the muscles that were just working so hard in practice. Spend a little bit extra time on your tight areas! We want to feel great each run!!

Purpose:

- Increase range of motion of joints to increase your running stride length
- Relax the muscles so they flush out waste products and increase blood flow to the working muscles so they can heal and recover for the next workout.
- Decrease soreness and long term decrease risk of injury throughout the season
- Aid in "cooldown" effect before ending the practice session

There are many different theories and types of stretches to active isolation, to ballistic, to static stretching. The most important thing to remember is to never bounce, never over stretch and force the muscle beyond your present range of motion, and never stretch a cold muscle.

Stretching guidelines are:

- 1) Slowly elongate the muscle you are stretching to the point of a slight pull,
 - 2) Exhale, and hold the stretch for 10(beginners) to 30 seconds (experienced).
 - 3) Return to starting position and begin next repetition.
 - 4) Each rep., focus on the muscle being stretched and you may be able to go a little further each time.
- There are many variations and positions. Below are 12 stretches which can be done in the schoolyard or track and are specific to running. Do each one 3-5 times after each run.

" The Will to Win (Or Succeed) Means Nothing Without the Will To Prepare Properly!"
-Percy Cerutti (Trainer of Many Olympic Champions)

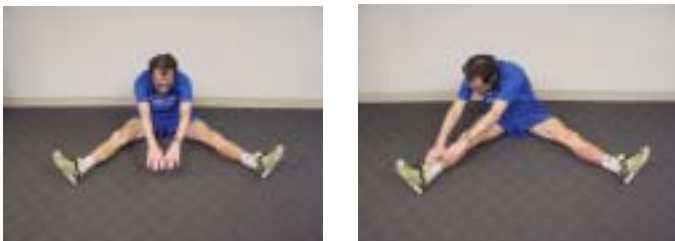
The Hurdler
(each leg)
Hamstrings



Bend Over Leg Hug
Hamstrings



Spread Eagle
(both sides/middle)
Groin



Wall Lean
(straight leg/each leg)
Outside calf



Wall Lean
(bent leg/each leg)
Inside calf/Achilles



Knee to Shoulder
(each leg)
Buttocks



Knee Lift
(each leg)
Shins/Quads



Lying Quad
(each leg)
Quads



Leg Crossover
(each leg)
Iliotibial Band



Crobra
Chest/Back



Chicken Wing
(each arm)
Triceps/Chest



Hugger with a Bend
Chest/Back

