



Pets change lives
We change theirs

Warm-up stretch guide



Get prepared for your big race with our quick and easy stretch guide.

Dynamic stretches

These are the most effective forms of stretching for runners. They elevate the heart rate and increase the flow of blood to the legs, waking up the body, keeping it alert and energised just before your run.

Here are a few to get you started:



Hamstring stretch



1. Swing one leg in a pendulum motion. Do this slowly at first, increasing the range of motion over the course of 20 seconds.

Calf stretch



2. Extend your legs back, placing both your feet together and rhythmically move your heels and knees towards the floor alternately. Do this for 30 seconds.

Thigh stretch



3. Jog on the spot and allow your heels to go back as far as your glutes (heel kicks). Do this for 15-20 seconds.

Static stretches

These are important to do after exercise as they help your muscles to loosen up and increase flexibility. Here are some examples:

Hamstring stretch



1. Extend one leg half a metre in front of you placing your hand on the opposite leg. Slowly lean into the stretch with a straight back. Hold this for 20 seconds then repeat on the opposite leg.

Quad stretch



2. Standing on the spot, grab hold of one foot pulling this up into your bum. Keep your legs together and hold this stretch for 15-20 seconds, then stretch the other leg.

Calf stretch



3. Using an elevated platform (step/curb), place the ball of your foot on the edge of the step and slowly lower it to the ground. Hold this for 20 seconds then change legs.

Glute stretch



4. Grab your knee and bring it up and across your body, aiming to pull it up to the opposite shoulder. Hold this for 20 seconds then change legs.



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