

# STRETCHING GUIDE



CANCER RESEARCH UK  
RACE FOR LIFE

Helen is here to take you through 5 simple stretches which are vital to help you recover throughout your training and increase your flexibility.

After each training session, spend time stretching. Hold the stretch for 40–45 seconds each time. Don't forget to do both legs then repeat.

## 01 GLUTES (BUM)



Sit with one leg out straight. Cross the other leg over, keeping your knee bent. To feel the stretch in your backside, just hug the bent knee into your chest. Sit up tall and keep your back straight while holding the stretch.

## 02 CALVES



Begin by standing with your feet shoulder width apart. Take one foot forward and keep feet parallel. To stop your front foot rolling inwards, press down with your toes. Straighten your back leg and feel the stretch in top area of the calf.

To take the stretch lower in your leg, just bend your back leg a little and try to keep your back heel on the floor.

## 03 LOWER BACK



Lie on your back. Bring your left leg up to your chest and put your left arm out to the side at shoulder level. Keep your right leg straight and your ankle flexed. Gently rotate away from your outstretched arm to lower your bent knee to floor. Make sure you roll from the waist and keep your shoulders on floor. Hold then roll back and switch legs.

## 04 QUADS



Lie on your right side in a straight line. Hold your left ankle with your left hand and pull your heel towards your bum. Try to push your hips forward so that you are not hunching over and your back stays straight. Then don't forget to roll over and do the other leg!

## 05 HAMSTRINGS



Lying on your back, raise one leg holding the back of your calf. Bring it up until you can feel the stretch in the middle of your hamstring. If you need help holding the stretch, you can use a rope or towel around the foot. Relax slowly out of this stretch trying not to let your leg drop suddenly back to the floor. Then switch legs and repeat.

Training plan created by



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Between training sessions, make sure you're getting enough sleep and eating well.