



OHIOHEALTH SPORTS MEDICINE

# Dynamic Stretches for Runners

**Dynamic Stretches are most effective before activity.** Warm-up with light cardio for 5-10 minutes to get your muscles warm before stretching. Dynamic stretches should be performed with slow controlled movements through your full range of motion. Follow workouts with static stretching, a series of stretches held for 30-45 seconds.

## **Carioca**

This drill involves moving laterally while alternating foot movements in front of and behind your body. Begin a lateral movement to your right by crossing your left foot to your right in front of your body. Then step to your right with your right foot. Now cross your left foot to your right behind your body before again stepping to your right with your right foot. Keep following that pattern for about 25 meters. Then reverse the exercise by moving laterally to your left. Concentrate on moving quickly and lightly on your feet. Allow your hips to rotate freely.

## **Butt-Kickers**

While standing tall, walk forward with an exaggerated backswing so that your heels come up to your glutes. When this is easy, try it while jogging. Do 10-15 reps on each side.

## **Ankle Taps**

Lift your left leg up, bending the knee so it points out. Try to tap the inside of your left ankle with your right hand without bending forward. Repeat 10-15 times on each side.

## **Military March**

Keeping your back and knees straight, walk forward, lifting your legs straight out in front and flexing your toes. Advance this by adding a skipping motion. Do 10-15 reps on each side.

## **Walking Lunges with Rotation**

Step forward using a long stride, keeping the front knee over or just behind your toes. Lower your body by dropping your back knee toward the ground. Maintain an upright posture and keep your abdominal muscles tight. Rotate your trunk across the leg in front.

## **Walking Side Lunges with Reach**

Take a long, exaggerated step sideways with right leg. Slowly bend your right knee until your thigh is parallel to the ground. Your left leg should remain straight and close to the ground. Keep your back straight and abs tight. Reach out with your left arm and tap the ground in front of right foot. Repeat 10-15 times. Repeat on left.

## **Pelican Walks**

Knees should be straight but not locked. Keep your back straight, bend at hips. Lean forward, reaching right arm toward left leg. Right leg will lift off ground. Keep right leg and trunk in a straight line. Lean forward until you can no longer maintain form or your knees start to bend. Step forward with right leg and repeat. Keep your shoulders and torso square. Repeat 10-15 times on each leg.

## **Leg Swings (Side)**

Swing one leg out to the side, then swing it back across your body in front of your other leg. Repeat 10-15 times on each side. Hold onto a steady object, if needed.

## **Leg Swings (Front)**

Swing one leg in front of you keeping it straight but not locked. Then swing it behind you, allowing your knee to bend. Bring your heel toward you butt. Repeat 10-15 times on each side. Hold onto a steady object, if needed.

## **Quick Calves**

Get in a plank position (hips in the air). With your legs straight, press the heel of the left foot down. Hold for 1-2 seconds then switch sides. Repeat 10-15 times on each side.

## **Mountain Climbers**

Start in push-up position. Bring right knee outside right elbow. Hold for 1-2 seconds. Hop and switch sides (left knee to outside of left elbow.). Keep back leg straight, back straight, abs tight.

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