

MyMarathon Stretching Guide

Why stretch

Stretching before or after exercise can aid performance, endurance and recovery. Stretching can help to increase your range of motion and prevent injury to your muscles and joints; helping to improve your walking and running form.

When to stretch

Stretch before, after or *before and after you exercise.

*If stretching before you exercise, start with a brief warm up by marching on the spot or walking for 3-5 minutes.

Tips

- Stretch slowly, ease in and out of each posture.
- Hold for each stretch for 30-45 seconds.
- Repeat each stretch 1-3 times per leg/arm.
- Avoid bouncing: this could lead to muscle sprains without proper warm-up.

The Heart Foundation suggests only participating in the recommended exercises to the extent that your personal physical capability allows. The Heart Foundation does not accept any liability, including for any injury, loss or damage, resulting from your participation in the recommended exercises. Participant discretion is advised.

Terms of use: This material has been developed by the National Heart Foundation of Australia (Heart Foundation) for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication. Please refer to the Heart Foundation website at www.heartfoundation.org.au for Terms of Use.

©2022 National Heart Foundation of Australia ABN 98 008 419 761



We acknowledge that the Heart Foundation is spread across many of our traditional lands; we pay respect to all traditional owners of these lands and those who under custodial law are charged with nurturing and protecting country. We pay our respects to the Traditional Owners of these lands and to Elders past, present and emerging.

Here are some great stretches you can start with.

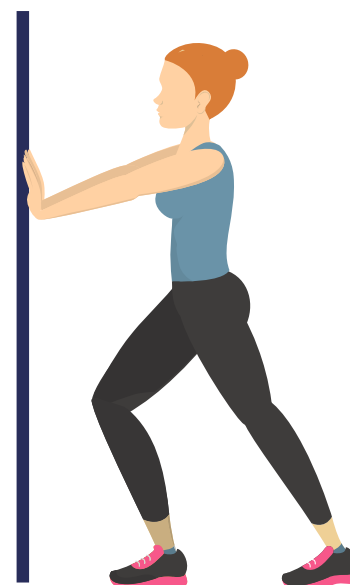
QUADRICEPS STRETCH

- Hold your ankle - tummy tucked
- Knees together
- Those who find balance a bit tricky may like to try holding on to a nearby bench or tree for extra support



CALF STRETCH

- Back straight
- Back leg straight
- Heel on ground
- Front leg bent
- Supported by tree / pole / car / bench



SEATED HAMSTRING STRETCH

- Sit with back straight
- Bend one knee
- One leg out straight
- Toes up
- Lean forward to reach towards/touch your toes



HIP FLEXOR STRETCH

- Kneel on one knee
- One foot forward and flat on the ground
- Back straight
- Lean into front foot

