

#1) Standing Quad Stretch

If you've been [running uphill](#), you're bound to have some burned-out quads. Even for long-distance runners on flat land, the quadriceps are one of the most common aches post-run. That's because they're so important for absorbing the shock of impact, stabilizing the knee, and propelling you forward.

1. Start in a standing position with your feet together.
2. Raise your right foot up from the ground and grab it with your right hand.
3. Keep your knees as close together as possible.
4. Gently pull your heel towards your glutes.
5. Hold for 20–30 seconds.
6. Switch to the other leg.



#2) Hamstring Stretch

Tight hamstrings are a common complaint made by runners. This can happen due to poor running form. If you over-stretch your hamstrings by taking strides that are too long, the result might be tight hamstrings. Here's your solution.

1. Lay on your back with feet planted in front of you.
2. Raise your right leg towards you and hold on to the back of it with both hands, fingers interlocked.
3. Exhale as you slowly encourage your leg towards you.
4. Hold for 30 seconds.
5. Switch legs.



#3) Pigeon Stretch

You can thank your hip flexors for each stride you take. These muscles allow flexion at the hip joint, allowing you to swing your legs forward without toppling over. But tight hips and a tight groin can be common, especially if you have a job that requires hours of sitting. Here's your relief.

1. Sit on the floor with your feet together and knees out wide.
2. Adjust your positioning so that your right foot and right shin stay put while your leg left is straightened behind you.
3. Your knee may need to come inwards but keep your right ankle in front of your left hip and your hips square.
4. Try to lower your upper body towards the ground and take a few deep breaths.
5. Hold the position for 30 seconds before changing sides onto your left leg with your right leg outstretched.



#4) Seated Single-Leg Calf Stretch

Your calves are the first point of impact when your body hits the ground. As a result, runners are prone to shin splints, especially after a long run or running on uneven surfaces.

1. Sit on the floor with your feet together and knees out wide.
2. Straighten your left leg, keeping your right foot touching the inner thigh.
3. Hinge at the hip towards your left leg and reach out to grab your big toe on the left foot.
4. Flex your left foot and gently draw it towards you to stretch your calf and Achilles tendon in your ankle.
5. Hold for 15–30 seconds before changing sides.



#5) Figure-Four Hip Flexor Stretch

Here's another hip flexor stretch that'll open up your hips. If you find the pigeon stretch difficult due to reduced hip flexibility, this one will be easier for you.

1. Lay on the floor with your feet planted in front of you and your knees bent.
2. Bring your left foot over your right knee, with your left knee bending outwards.
3. Gently raise your right leg off the ground, towards you.
4. Hold onto the back of your right thigh.
5. Exhale and gently draw your thigh towards you.
6. Hold for 15–30 seconds before changing legs.



#6) Downward-Facing Dog

Downward-facing dog may just be your [new go-to yoga pose](#) — and it can also help runners. It stretches the low back, hamstrings, calves, and feet. Holding this pose after a run can help to de-stress the mind while stretching out the body.

1. Start on all fours with your hands shoulder-width apart.
2. Inhale as you push your glutes in the air, coming up from each knee, with your feet planted hip-width apart.
3. Your arms and legs should be straightened, creating an inverted V-shape.
4. You can paddle out your feet from side to side to get a deeper stretch in your legs and ankles.
5. If you have tight hamstrings, you may need to bend your knees slightly to get both feet planted on the floor.
6. Hold for 10 seconds before changing legs

