



Maximum *Fitness*

Half Marathon Training

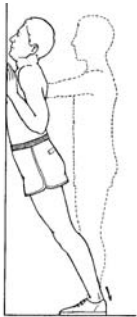
Suggested Stretches



1. Prop leg on bench as shown
2. Bend forward at the hip, keeping the knee and back straight, so that stretch is felt
3. Hold 30 seconds
4. Repeat 2-3 times on each leg



1. Stand grasping ankle as shown
2. Bend knee further by pulling ankle toward buttocks
3. Do not lean forward or allow the back to arch
4. Hold 30 seconds



1. Position your body at arm's length from wall as shown
2. Point toes directly toward wall and hold heels down
3. Lean into wall as shown so that you feel a stretch
4. Hold 30 seconds



1. Stand with feet on book as shown
2. Bend knees and hold 30 seconds
3. Repeat 2-3 times



1. Sit on floor with straight legs spread apart as shown
2. Lean forward over each leg, then the center while keeping back straight
3. Hold 30 seconds in each position



1. Lie on back holding knee and ankle as shown
2. Hold knee stable as you pull ankle toward your chest so that you feel a stretch
3. Hold 30 seconds
4. Repeat 2-3 times on each leg