

# YOGA SEQUENCE FOR RUNNERS

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## **Tadasana**

Feet hip width apart  
Shoulders back, arms straight down



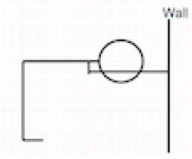



## **Urdhva Hasatasana (2-3x)**





Elbows straight  
Triceps rolling towards face  
If Shoulders too tight, keep arms wider



## **Gomukhasana arms only in Tadasana**

Do each side 2-3 times

 <p>A schematic diagram showing a person in a standing position with their hands on a vertical line labeled 'Wall'. The person's back is against the wall, and their legs are bent at the knees, forming an L-shape. The diagram is drawn with simple lines on a grid background.</p>	<p><b>Uttanasana at the Wall</b>          Create an L shape by placing hands on the wall and walking back till legs are perpendicular          Bend legs, pike butt up and slowly straighten legs keeping butt up for hamstring stretch</p>
 <p>A silhouette of a person in a standing position, leaning forward with their hands on a wall. Their feet are together, and their knees are bent. The person's back is against the wall, and their arms are raised and bent at the elbows.</p>	<p><b>Garudasana with sit bones against wall for support</b>          If arm movement is difficult, just do legs          Using support of wall with hands, lean forward to get stretch in outer hips/piriformis area</p>
 <p>A silhouette of a person in a standing position, leaning forward with their hands on a wall. Their feet are together, and their knees are bent. The person's back is against the wall, and their arms are raised and bent at the elbows.</p>	<p><b>Utkatasana</b> (at the wall if balancing is hard)          Extend arms maximally to prevent any back discomfort          Lower hands to hips if discomfort persists in the back          Stretches ankle, calves, hips, shoulders and lengthens back muscles</p>
 <p>A silhouette of a person in a downward-facing dog position. Their hands are on the ground, and their feet are also on the ground. The person's back is arched, and their hips are lifted.</p>	<p><b>Adhomukhasvanasana (Downward facing Dog Pose) (2-3x)</b>          Press hands into the ground          Stretch up to buttocks          Bend knees, pike the butt up and straighten the legs without letting buttocks come down as much as possible          Stretches hamstrings, calves, ankles, shoulders</p>

	<p><b>Lunge (2x each side)</b>                  From down dog (above pose), step Right leg forward between hands                  Extend back leg to heel                  Keep quadriceps gripped to bone                  Lengthen spine to crown of head                  Repeat on Left side</p>
 <p>(from lunge put back knee on the floor)</p>	<p><b>Virabhadrasana 1 modification (2x on each side)</b>                  With back knee on the floor, place hands on the front knee, press down and pull spine up to stretch hip flexor of back leg                  Extend arms up, if comfortable</p>
	<p><b>Parvatasana in Virasana</b>                  Sit up on as much height as you need for comfort and protection of knees                  Can substitute height and sit on heels, if possible                  Release hands, interlock behind back and extend arms with straight elbows                  If you can't interlock fingers behind back, use towel</p>
	<p><b>Supta Padangushtasana (2x each side)</b>                  Use a strap or towel around the raised foot to allow the leg to be straight</p>



**Ankle on Knee (2x each side)**

Bend both legs, place right ankle on left knee

Take hands around left thigh, interlock fingers (use towel if hands don't reach)

Draw left leg towards you, using right elbow to push right thigh away



**Savasana**