

At Home Routine for Runners

Level 6 - 8

The routine is designed to build muscle strength and flexibility in key areas for runners. To get the most out of these poses, I recommend doing two Breathing Themes for each pose, (except for the Abdominal Lifts): first *Breathing Theme 10, Moving with the Breath*, for flexibility and to warm up your body; then use *Breathing Theme 5 or 21, Extending with the Breath*, to build and tone your muscles and warm them up for your work out.



1. Abdominal Lifts

3 rounds.

2. Triangle

3 times each side, alternating sides. for each *Breathing Theme*.



OR 2. Simple Side Bend

For each *Breathing Theme*, 3 times each side, alternating sides.



3. Sun Salutation

at whatever level you are able to practice it.

2 rounds or more for each *Breathing Theme*.



4. Wide Angle Pose.

3 times for each *Breathing Theme*.

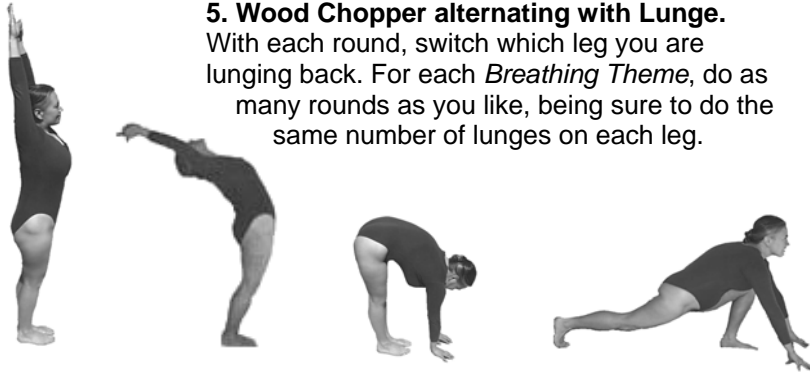


© 2005 Corinne Friesen
www.audiyoga.com

At Home Routine for Runners (continued)

5. Wood Chopper alternating with Lunge.

With each round, switch which leg you are lunging back. For each *Breathing Theme*, do as many rounds as you like, being sure to do the same number of lunges on each leg.



Or 5. Lunge alternating with Dog. With each round, switch which leg you are lunging back. For each *Breathing Theme*, do as many rounds as you like, but be sure to do the same number of lunges for each leg.



6. Pigeon. For each *Breathing Theme*, do 3 times each side, alternating sides.



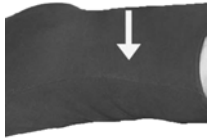
7. Followed by Puppy. 1 round



OR 6. & 7. Spider 1 & 2. For each *Breathing Theme* do 3 times each side, alternating sides.



At Home Routine for Runners (continued)



8. & 9. Pelvic Push alternating with Pelvic Lift.
3 times each for each *Breathing Theme*.



10a. Half Bow Primer



10b. Optional Half Bow for the second or third round. (Level 2/3 difficulty)



11. Puppy
Once, holding for 4 – 10 breaths.



10c. Further Option, Full Bow for final round. (Level 7 difficulty)



12. Breathing Exercise

whichever one you are currently learning.

13. The Relaxation is important and should not be missed. It will eventually help you put more power into your run and waste less energy elsewhere, for better performance. Practice whichever relaxation matches the breathing exercise you are currently