

Roadside Routine for Runners

Level 3 - 6

The key is to *not rush*. Runners tend to go through their stretches very quickly. In doing so, they miss most of the benefits of stretching. The most flexibility is achieved in those final moments of the stretch, after lingering and coaxing your body. This coaxing is done by paying attention to your Breathing Theme.

As with swimmers, runners benefit from using two *Breathing Themes*, one after the other, on each stretch, (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. Warm Up Your Breathing



1A. Abdominal Lifts
3 rounds.



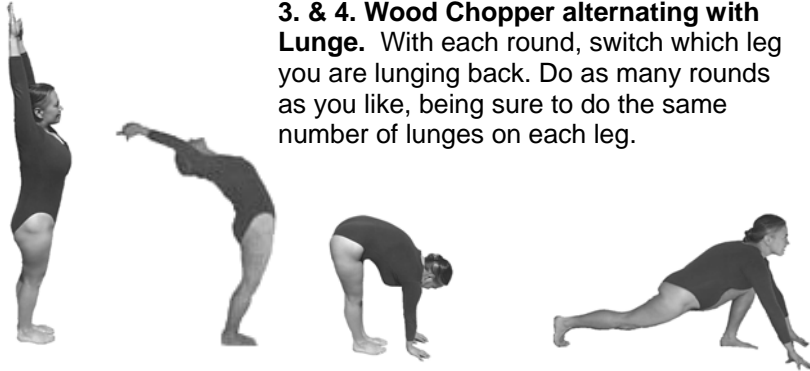
1B. Simple Side Bend 3 times each side, alternating sides, for each *Breathing Theme*.

2. Wide Angle Pose & Wide Angle with Twist



For each *Breathing Theme*, alternate Wide Angle Pose with Wide Angle with Twist. Each time you do the Twist, change sides. Repeat until you've done three twists on each side.

Roadside Routine for Runners (continued)



3. & 4. Wood Chopper alternating with Lunge. With each round, switch which leg you are lunging back. Do as many rounds as you like, being sure to do the same number of lunges on each leg.

6. Frog Pose
3 repetitions for each
Breathing Theme.



7. Breathing Exercise

While you're running, take some time to practice your Breathing Exercise, whichever one you are currently learning.