

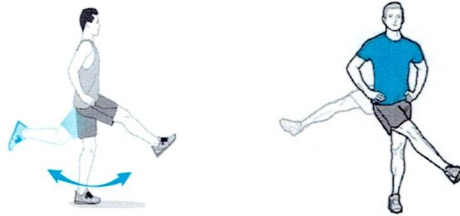
ATLANTA SPORTS PODIATRY

Pre-run Dynamics Stretches

1) Leg swings

10 on each leg front to back

10 on each leg side to side



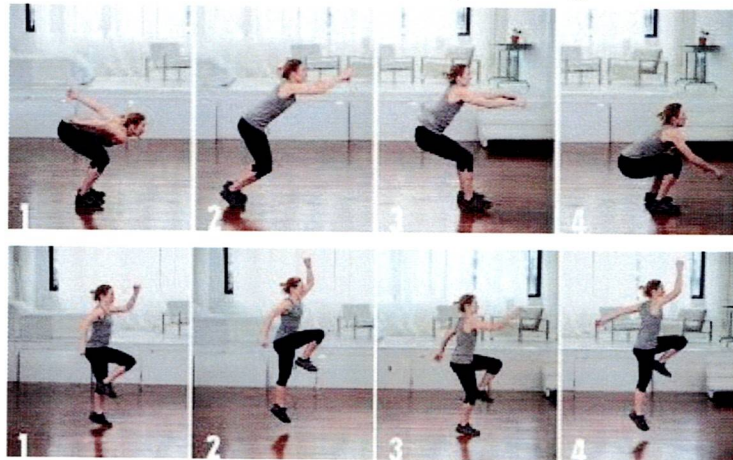
2) Toe walking and heel walking



3) Go out with high Knees/come back with butt kicks



4) Go out with skips for distance/ come back with skips for height



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ATLANTA SPORTS PODIATRY

Pre-run Dynamics Stretches

- 5) Go out with Frankensteins/come out with leg pulls



- 6) Go out with open the gate/come back with close the gate

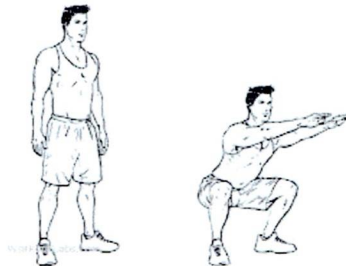


Strengthening:

- 1) Walking Lunges



- 2) 25 air squats



- 3) Plank - 2 mins

