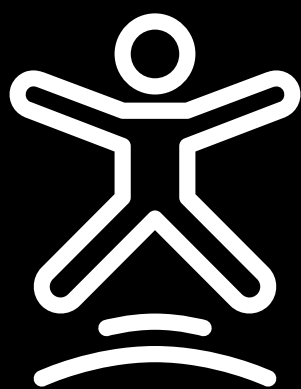


STRETCHES FOR RUNNERS

Blackrock A.C.



Dynamic Stretches

- [5 dynamic stretches for your running warm-up \(runnersworld.com\)](https://runnersworld.com).
- [5 Min Dynamic Warm Up Exercises Before Workout - Warm Up Before Running, Cardio, or Lifting Weights - YouTube](https://www.youtube.com/watch?v=...)
- [Dynamic Warmup Stretches | Stretches to Do Before Every Run \(runnersworld.com\)](https://runnersworld.com).

Static Stretches

- [How to stretch after a run - NHS \(www.nhs.uk\)](https://www.nhs.uk).
- [Post-Run Stretches | Standing Stretches for Runners \(runnersworld.com\)](https://runnersworld.com).



Yoga for Runners

- [Yoga For Runners - Physical & Mental Stamina | Yoga With Adriene - YouTube](https://www.youtube.com/watch?v=...)
- [Yoga For Runners: 7 MIN POST-RUN | Yoga With Adriene - YouTube](https://www.youtube.com/watch?v=...)
- [Yoga for runners - different styles and their benefits \(irishrunner.ie\)](https://www.irishrunner.ie).

Further resources

- [Yoga with Cassandra \(YouTube\)](https://www.youtube.com/watch?v=...)
- [yoginimelbourne - YouTube](https://www.youtube.com/watch?v=...)
- [Inner Light Yoga Blackrock](https://www.innerlightyoga.com)
- [Ultrarunner Scott Jurek on the benefits of Yoga \(and ultrarunning\)](https://www.ultrarunner.com).



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