



Transform Your Running in 12 Weeks

Post exercise stretching



thetrilife.com 

Any questions? Contact us!

Call: 07791 289792 | **Email:** info@thetrilife.com

thetrilife Kent: Kits Coty Cottage, 170 Chatham Road, Aylesford, Kent, ME20 7EG

Post exercise stretching

Why do it? There is always debate around when to stretch, how to stretch and how it is useful to a triathlete. What is clear and not contested is that stretching leads to increased flexibility which in itself can be beneficial in injury prevention and performance AND stretching is most effectively employed on warm muscles which is why stretching after exercise is a great idea. Stretching post exercise can also help relax tight muscles and has been shown to speed up the initiation of the recovery process.

How?

- post exercise stretching should be limited to major muscle groups (see below)
- stretching should be static
- apply each stretch to the point where tension can be felt but no further
- hold each stretch for 30 s
- no bouncing the stretch!

Suggested stretches

These are good stretches post bike and run. These stretches are suggested because they can be done without having to sit or lay down - which is often not possible. Follow the links for demonstrations:

[Calf Stretch](#)

[Glute Stretch](#)

[Quad Stretch](#)

[Hamstring Stretch](#)