

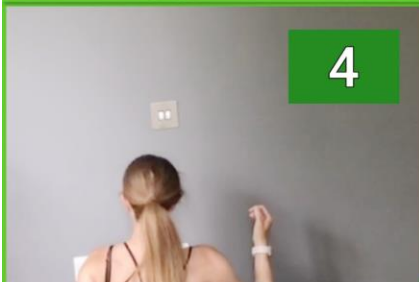


## 8 Post Run Stretches

(please see accompanying video for full flow)

If you do not have time to do the full 30 minute sequence please save and utilise this handout of the 8 best stretches from the video.

Teaching points are on the video and remember to complete both sides!



Hold each one for 5-10 calm breaths 😊

