

Yoga for Runners: The Benefits and Practice Revealed

 CHRISTINE FELSTEAD'S
yoga for runners™

www.yogaforrunners.com



www.HumanKinetics.com



Why Runners Need Yoga

- Running carries a high risk of injury
- Running is a repetitive sport that overuses a relatively small number of muscles
- Many running injuries are due to overuse and avoidable
- Running exacerbates effects of sitting for prolonged hours
- Overused muscles become tight and contribute to musculoskeletal imbalances
- Yoga helps restore the body to balance & symmetry



Benefits of Yoga

- Stretches tight muscles:
 - Hamstrings, hips, calves, achilles, lower back, outer quads
- Strengthens weak muscles:
 - core, back, upper torso, arms, inner quads
- Muscle balancing:
 - Inner/outer quads
 - Hamstrings/quads
 - Quad/glutes



Benefits of Yoga

- Postural alignment
 - Increasing awareness of posture throughout the day and while running
 - Simple posture check - equal standing yoga pose
- Yogic Breathing:
 - Use diaphragm and lower portion of lungs for greater lung capacity
 - Balance sympathetic and parasympathetic nervous systems
- Improve focus, concentration, mindfulness



Benefits of Yoga

- Avoid injury by becoming more in tune with your body and able to take action at first hint of a problem
- ***Yogic Breathing Exercise***



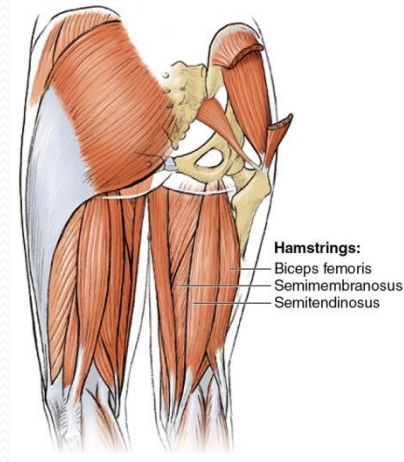
Practice Safe Yoga

- First rule of yoga: a “no pain, no gain” approach will hurt you
- Differentiate between sweet pain (eg. stretch) vs bad pain (eg. strain)
 - Sweet Pain: in belly of muscles caused by stretching
 - Bad Pain: sharp pull at tendon attachment; pain in joints



Practice Safe Yoga

- Danger Zones:
 - Forward bending and hamstrings





Practice Safe Yoga

- Danger zones (cont'd)
 - Suitable style of class: moving too quickly in a fast-paced class
 - Trusting that the instructor has some knowledge and experience with runners
- Yoga is a mind/body discipline to be enjoyed for intrinsic value
- Yoga is not a competitive sport
- Let your breath be your guide – aim for calm, steady and even



Practice Safe Yoga

- Learn and accept your personal boundaries and stay within them
- Best to do a little yoga often than overdo it at one time



How to Use Yoga

- Plan for yoga in your weekly workouts – write it in your calendar
- Frequency of practice:
 - 1/wk – a full body, challenging practice (60-90 mins)
 - 2/wk - tune-ups, 15-30 mins on hot spots
 - After EVERY run – 5 mins
- If injured – develop a daily yoga practice to focus on your issue.
- Keep a journal on its effects



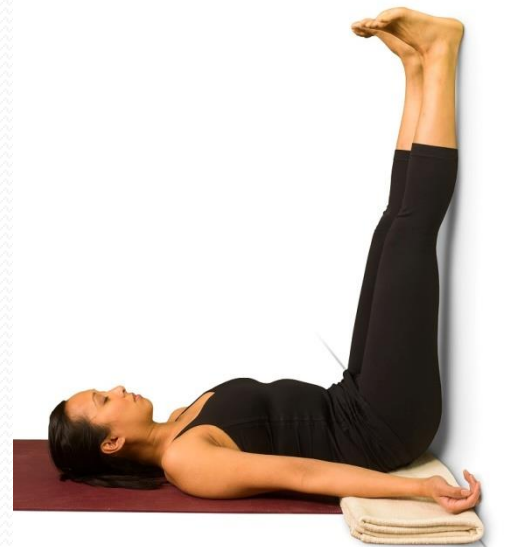
Yoga for Race Recovery

- Help body recover before getting back on the road
- Post-race yoga practice to sooth the body, mind and CNS
- Restorative Yoga – supported poses, held longer; yogic breathing



Yoga for Race Recovery

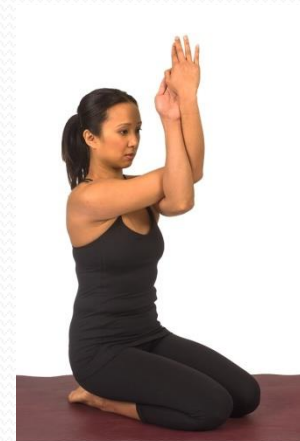
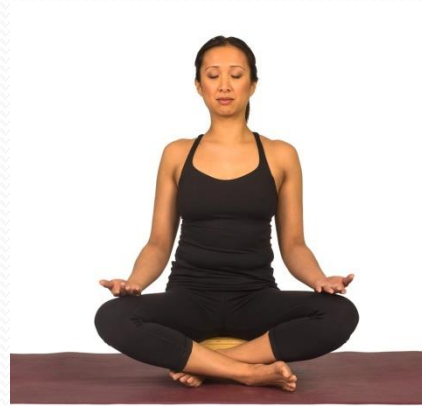
- Must do poses – downward dog, legs up the wall:





TV Yoga

- Many things one can do to bring Yoga off the Mat





www.yogaforrunners.com

Yoga for Runners: The Book

Yoga for Runners dvds: Beginner & Intermediate



Yoga for Runners

- In *Yoga for Runners*, Christine Felstead shares her proven program for improving strength, flexibility, endurance, mental sharpness, breathing, and performance through step-by-step instruction and photos of 88 yoga poses and 10 sequences.

- ALSO AVAILABLE!

Yoga for Better Running

Featuring 29 detailed poses and 2 sequences, the *Yoga for Better Running* app will help you feel stronger, more balanced, and more in tune with your breathing, posture, and technique.

