

Reference Sequence: Yoga Sequence for Runners: Warm Up Yoga Sequence for Athletes







• 20 mins • Intermediate Level • Legs, Hamstrings and Lower back.

Yoga Sequence for Runners: Warm Up Yoga Sequence for Athletes

Most runners want strength in their legs in addition to the stamina they build through other forms of workout. The strength here is not just the fact the leg carries long distances, but gives them the feeling of being light yet strong in their legs and feet. The building of muscles at the calves, hamstrings, and the quadriceps should be aimed more towards facing any form of shock through injury with less wear and tear.

Through the following warm up yoga sequence, a runner can warm up the body and ensure the required muscles have expanded enough to help in running easily and handling shocks. The yoga sequence can be followed by anyone who is either passionate about running or by people who are runners (athletes) by profession. An athlete by profession should take the guidance of a good teacher, as the body of every individual runner is different and the strength and the weakness of the muscles of the runner need to be kept in mind.

Moving from a simple stretch in the hamstrings while seated, to the extended form of stretch at the hip and the entire lower body is kept in mind while forming this yoga sequence for runners.

<p>6B Inhale-Exhale</p>  <p>1. Cradle Pose • Hindolasana</p>	<p>6B Inhale-Exhale</p>  <p>2. Cradle Pose • Hindolasana</p>	<p>8B Inhale-Exhale</p>  <p>3. Bound Angle Pose • Baddha Konasana</p>
<p>6B Inhale-Exhale</p>  <p>4. Head to Knee Pose • Janu Sirsasana</p>	<p>6B Inhale-Exhale</p>  <p>5. Head to Knee Pose • Janu Sirsasana</p>	<p>6B Inhale-Exhale</p>  <p>6. Seated Side Stretch Pose</p>

6B Inhale-Exhale



7. Seated Side Stretch Pose

6B Inhale-Exhale



8. Crocodile Pose • Makarasana

6B Inhale-Exhale



9. Locust Pose Variation • Salabhasana Variation

6B Inhale-Exhale



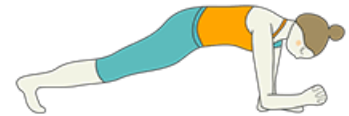
10. Dolphin Pose • Catur Svanasana

4B Inhale-Exhale



11. Three Legged Downward Facing Dog Pose Variation Stacked • Tri Pada Adho Mukha Svanasana Variation Stacked

6B Inhale-Exhale



12. Lizard Pose • Utthan Pristhasana

6B Inhale-Exhale



13. Triangle Pose Variation Bent Knee • Trikonasana Variation Bent Knee

4B Inhale-Exhale



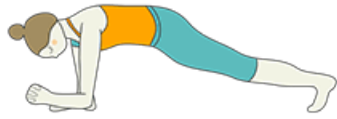
14. Dolphin Pose • Catur Svanasana

4B



15. Three Legged Downward Facing Dog Pose Variation Stacked • Tri Pada Adho Mukha Svanasana Variation Stacked

6B Inhale-Exhale



16. Lizard Pose • Utthan Pristhasana

6B Inhale-Exhale



17. Triangle Pose Variation Bent Knee • Trikonasana Variation Bent Knee

6B Inhale-Exhale



18. Standing Forward Fold Pose Variation 1 • Uttanasana Variation 1

8B Inhale-Exhale



19. Standing Forward Fold Pose • Uttanasana

6B Inhale-Exhale



20. Chair Pose • Utkatasana

6B Inhale-Exhale



21. Standing Backbend Pose • Anuvittasana