

▶ WARM-UPS

ALL YOU NEED TO GET UP TO SPEED 02.10



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“The soft earth is perfect for my long runs, as it provides good resistance but isn’t too hard on my joints,”

says nature guide Susana Vidal, pictured here at her regular training spot in the Algarve, Portugal. Running on different surfaces also helps keep you injury-proofed and provides a better workout for your muscles. For more on the benefits of switching surfaces now and again, see page 17.

IMAGE: PURESCAPES FITNESS HOLIDAYS. FOR MORE INFORMATION, SEE PAGE 35



Limber up

Combat cramps, knots and kinks with a daily dose of yoga

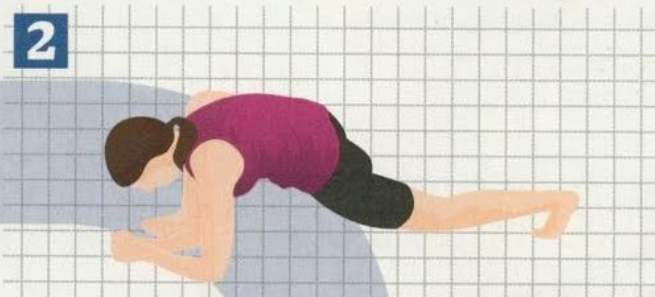
“Runners often get tight muscles, but yoga opens them up, relaxes ligaments and tendons and gets oxygenated blood flowing.” So says Holly Hay, resident yoga teacher for Purescapes fitness holidays (purescapes.com). But there’s no need to tie yourself up like a pretzel. Just spend 10 minutes a day on Hay’s bespoke yoga routine for runners, repeating stretches on the other side where relevant.



1 DOWN DOG

WHY Gently stretches hamstrings and calves; lengthens spine. Good for easing sciatic pain.

HOW Start on your hands and knees. Raise knees off the ground, keeping heels lifted. Exhale as you straighten your legs. Hold for a minute, alternately pushing your heels towards the floor.



2 RUNNER'S LUNGE

WHY Engages the front hamstring and the quads.

HOW From down dog, inhale as you bring your right foot alongside your right arm, and rest your forearms on the floor. For an intensive quad stretch, rest your back knee on the ground and bend the leg up, reaching back with both hands to grip the ankle.



6 PIGEON FORWARD FOLD

WHY Stretches hip flexors, piriformis muscle and IT band.

HOW Straighten the left leg out behind you. Your right leg should tuck across your body so that the right heel is resting near your left hip. Place hands on the floor on either side of your hips and push up through your arms, keeping the spine straight.



3 CHILD'S POSE

WHY A resting pose, this can help relieve back pain.

HOW Rest both knees on the floor, with the tops of your feet flat on the floor. Stretching arms up, rest your backside on your heels and lean your torso over. Aim to get your forehead as close to the floor as you can, breathing deeply and pushing forward with your arms.



5 HAMSTRING STRETCH

WHY Engages hamstrings more intensely.

HOW From cat-cow, bring your weight onto your left knee as you stretch the right leg out in front, in between your arms. Bend your torso over the leg until you can really feel the stretch, keeping hands on the ground parallel to your shoulders.



4 CAT-COW POSE

WHY Works the core and increases flexibility in the spine.

HOW From child's pose, come back up onto your hands and knees. The spine should be straight. Inhale, drop your belly and arch your head up. Exhale and reverse the movement so your spine is now rounded and your head points down. Repeat 10 times.