



The Body Shop

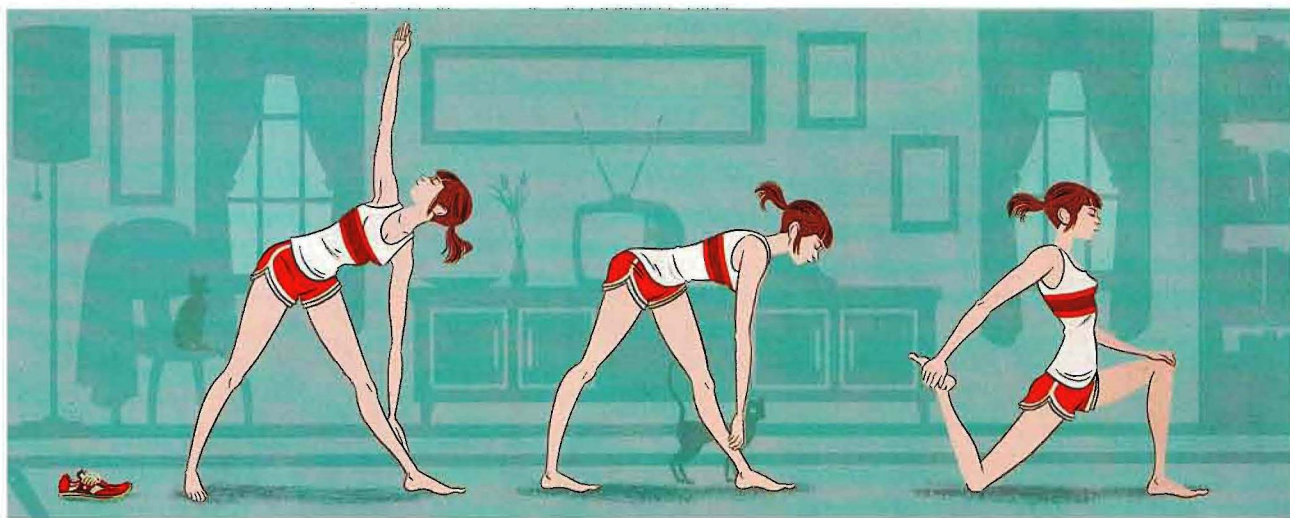
HEAD-TO-TOE HELP FROM INJURY-PREVENTION PROS

Flexible Routine

A 10-minute postrun yoga sequence that will improve your range of motion and prevent injury

MOST RUNNERS WOULDN'T describe themselves as limber or loose—especially after logging a five-, 10-, or 20-miler. But practicing yoga after your workouts can remedy that. By increasing blood and oxygen flow to muscles, tendons, and ligaments, yoga boosts flexibility, reduces soreness,

and speeds recovery. This series of six poses targets runners' tightest and weakest spots, improving range of motion and strength to keep muscles and joints healthy. And as a bonus, you'll also develop balance, core strength, and focus. Done together, these exercises make the perfect postrun routine.



1. TRIANGLE

Stretches the outer and inner hips and thighs; strengthens the core and legs.



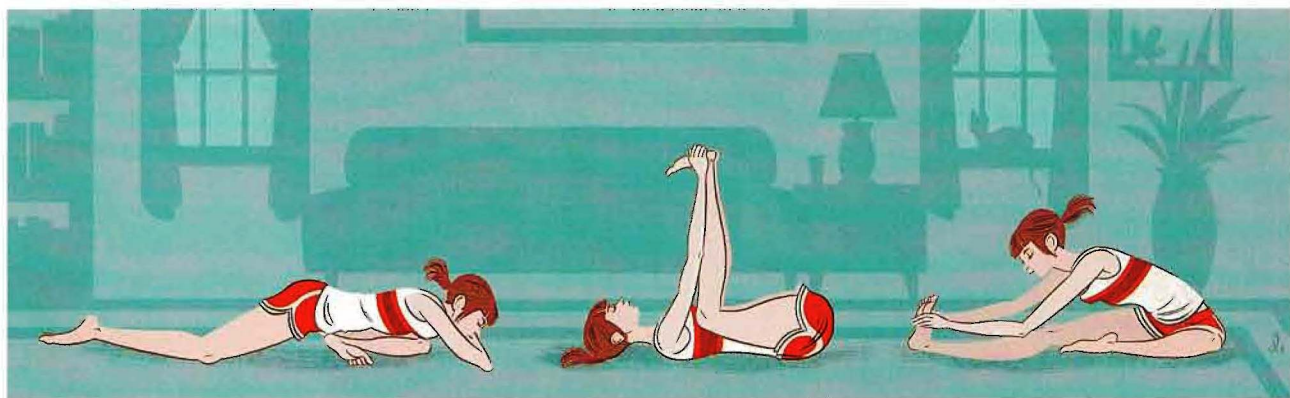
2. PYRAMID

Stretches the hips and hamstrings; strengthens the quads and core.



3. QUADRICEPS STRETCH IN LUNGE

Stretches the front leg's hamstring and the back leg's hip flexors and quadriceps.



4. PIGEON FORWARD FOLD

Stretches the hip muscles, including the piriformis, and the iliotibial band.



5. HAPPY BABY

Stretches the hamstrings and groin and helps release tension in the back.



6. HEAD TO KNEE

Stretches the hamstrings and calves. Use a strap for assistance if your legs are tight.

SAGE ROUNTREE, a USA Triathlon- and RRCA-certified coach and yoga teacher in Chapel Hill, North Carolina, finished her first Ironman triathlon in June in 13:08:17. Her latest book, *The Athlete's Pocket Guide to Yoga*, contains more than 50 routines.