



6 Gentle Post-Run Yoga Poses For Runners

Description

A run asks the hips, calves and hamstrings to repeat the same patterns many times. Once your breathing has settled and you have walked for a few minutes, a short yoga sequence can help you move those areas through a comfortable range without turning recovery into another hard workout.

This is a gentle mobility routine, not a test of flexibility. You should feel mild, even tension rather than pain. Yoga cannot guarantee that you will avoid injury, and it should not replace an individual recovery or rehabilitation plan.

Practise on a stable surface after cooling down. Keep the range smaller if you are very fatigued, and stop if you feel sharp pain, dizziness, tingling or numbness. Seek professional advice for an injury, persistent pain or a medical condition that affects exercise.



A gentle post-run practice should feel like mobility work, not another hard workout.

1. Downward-Facing Dog With Calf Pedal



Alternating the knees makes the calf stretch easier to adjust.

Begin with a moving version of Downward-Facing Dog rather than forcing both heels down.

Start on hands and knees, tuck your toes and lift your hips up and back. Keep both knees softly bent. Straighten one leg while bending the other, then switch slowly. Press evenly through both hands and complete six to eight alternating pedals.

Benefits: Moves the ankles and provides an adjustable stretch through each calf and the back of the leg.

Jade's tip: Keep your spine long. Your heels do not need to touch the mat.

2. Low Lunge With Blocks



Blocks support the hands while Low Lunge opens the front of the hip.

Low Lunge opens the front of the hip while the blocks reduce the need to reach the floor.

From hands and knees, step your right foot between your hands and lower the left knee. Place one cork block under each hand. Stack the front knee over the ankle and lift the chest slightly. Stay for four breaths, then change sides.

Benefits: Gently stretches the hip flexors while the front foot and back knee provide a stable base.

Jade's tip: Shorten the stance if you feel pulling in the lower back or pressure at the front knee.

3. Half Split



Half Split shifts the stretch towards the hamstrings and calf.

Half Split shifts the emphasis towards the hamstrings while keeping one knee grounded.

From Low Lunge, move your hips back over the rear knee and straighten the front leg only as far as comfortable. Flex the front foot and keep both hands on blocks. Lengthen the spine forwards rather than rounding down. Hold for four breaths and switch sides.

Benefits: Provides a controlled stretch for the back of the front thigh and calf.

Jade's tip: Keep a bend in the front knee if the stretch becomes sharp or the pelvis twists.

4. Kneeling Quadriceps Stretch



A strap makes the kneeling quadriceps stretch easier to control.

This supported shape targets the front of the thigh without demanding a deep backbend.

Begin in a low lunge with your left knee cushioned on the mat. Loop a yoga strap around the left foot and hold both ends in your left hand. Keep the torso upright and gently draw the heel towards you until

you feel a mild stretch. Stay for three breaths and change sides.

Benefits: Stretches the quadriceps and front of the hip one side at a time.

Jade's tip: Keep the back knee comfortable. Skip the pose if kneeling irritates it.

5. Wide-Legged Forward Fold



Soft knees keep the wide-legged fold adjustable after a run.

A wide stance lets you adjust the hamstring and inner-thigh stretch by bending the knees.

Stand facing the long edge of the mat with your feet wide and parallel. Place your hands on cork blocks beneath your shoulders. Hinge forwards from the hips and bend the knees enough to keep the back long. Hold for four to five breaths.

Benefits: Gently stretches the inner thighs and back of the legs while both feet remain grounded.

Jade's tip: Keep the weight balanced across heels and forefeet. Do not let the feet roll onto their outer edges.

6. Supine Hamstring Stretch With Strap



The floor supports the back during the final hamstring stretch.

Finish on your back so the floor supports you while you adjust the final stretch.

Lie down with both knees bent. Loop a strap around the ball of your right foot and extend that leg upwards, keeping the knee softly bent. Hold one end of the strap in each hand and keep the shoulders relaxed. Stay for five breaths, then change sides.

Benefits: Offers an adjustable hamstring and calf stretch without requiring a standing balance.

Jade's tip: Keep the other foot on the mat if straightening that leg makes your lower back lift.

A 12-Minute Post-Run Sequence

Walk until your breathing feels settled, then spend about one minute in each shape per side:

1. Calf pedal for 6 to 8 alternating rounds
2. Low Lunge for 4 breaths per side
3. Half Split for 4 breaths per side
4. Kneeling Quadriceps Stretch for 3 breaths per side
5. Wide-Legged Forward Fold for 4 to 5 breaths
6. Supine Hamstring Stretch for 5 breaths per side

Move slowly between poses and finish lying still for one minute. On days when your body feels depleted, gentle walking, hydration and rest may be the better recovery choice.

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